

MONTGOMERY COUNTY

GUIDE



MONTGOMERY COUNTY
Recreation



SPRING 2013

RECREATION AND PARK PROGRAMS

NATURE HIKES

TAI CHI

TENNIS

ADULT SOFTBALL

GOLF

REC EXTRA

GARDENING

AEROBICS

ICE SKATING

BALLET

⋮

and much more!



From the County Executive



Spring 2013

Dear Montgomery County Resident:

As we look forward to the spring thaw, now is an excellent time to sign up for one of the classes or activities offered in the Recreation and Parks Spring Guide.

An interesting and diverse line-up of creative and fun-filled programs is available for all ages - from the youngest tots to our active senior adults. Aquatics, creative and visual arts, fitness, sports, and senior travel programs are just a few of the recreational activities you will find in this issue. With hundreds of programs from which to choose, staying active has never been easier - or more fun.

Although it may be hard to believe, it is time to start thinking about summer camp programs. The 2013 Summer Camp Guide is available online at www.montgomerycountymd.gov/rec or printed copies may still be available in public libraries and recreation centers. Registration has opened, and I encourage you to register your children early to ensure placement in the program(s) of your choice. The traditional sports, arts and nature camps are being offered, as well as extensive specialty programs, the affordable Summer Fun Centers, and the new Summer Teen Escapes program - a dynamic travel opportunity for teens.

The mission of Montgomery County Recreation is to provide high-quality, diverse, and accessible programs, services and facilities that enhance the quality of life for all ages, cultures, and abilities. This mission is reflected in the thousands of program offerings featured in this issue of the Guide. While the Recreation Department continues to advance their services and program offerings, the core values always remain to provide high-quality leisure services to all residents, including those with special needs.

With so many choices, I am sure you will be able to find something in these pages that will spark your interest and challenge your athletic and creative energies.

Sincerely,

A handwritten signature in blue ink that reads "Isiah Leggett".

Isiah Leggett
County Executive



A Look Inside...

Active 55+ Adults Programs 78

Aquatics 10

Water Fitness Classes	11
Competitive Programs	16
Developmental Swim Training.	13
Diving	14
Scuba	13
Safety Training.	18
Swim Lessons	22

Classes 37

Arts and Crafts	38
Dance	42
Music	46
Cooking	48
Fitness and Wellness.	51
Martial Arts	62
Tiny Tots	64
Xciting Xtras.	70

Employment Opportunities

Aquatics Part Time Staff	18
Contractors & Staff	70

Extras

12 Ways to Have Fun this Spring.	3
Total Rec Pass	4
Japan Fair	5
Just for the Record	8-9
Recreation Alerts	35
RecWeb	51,61
Registration Procedures	164
Excel Beyond The Bell	76
Be Active Montgomery.	71

Facility Locations. 104

Recreation Centers 98

Registration Form. . . . Back Cover

Programs By Location 99

Sports 72

Adult Softball	75
--------------------------	----

Teens 77

Therapeutic Recreation 96

Trips and Tours 90

SOAR	90
FEET.	93

Montgomery County Government is committed to compliance with the Americans with Disabilities Act (ADA). To facilitate inclusion, interpreters, large print or Braille, auxiliary aids and/or services should be requested at the time of registration.

HABLAMOS ESPAÑOL

Si le interesa obtener información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, y oportunidades de empleo, por favor llame al 240-777-6839. Ofrecemos una variedad de actividades para que personas de todas las edades puedan participar. Si tiene ideas o sugerencias de algún otro tipo de programas, por favor llámenos al 240-777-6839.



Registration For
Spring
Classes Begins
February 11th

Swim Lesson
Registration will begin
February 13th

Montgomery Parks



• Parks Table of Contents	105
• Brookside Gardens	110-113
• Golf @ South Germantown	139-140
• History in the Parks	124, 136
• Ice Skating Classes	141-149
• Little Bennett Campground	114
• Nature Center Classes & Events	115-132
• Parks Facility Directory	108-109
• Party in the Parks!	134, 162
• Skateboarding	151
• Spring Break & Events	110, 126, 138, 152
• Tennis Classes	153-161
• Trips & Excursions	133
• Volunteer Opportunities	123, 135
• Wheaton Sports Pavilion	150

The Maryland-National Capital Park and Planning Commission

CLUB REC

MONDAY-FRIDAY, 3-6PM
\$60/MONTH

**HOMEWORK TIME,
SPORTS & GAMES,
ARTS & CRAFTS,
COMPUTER ACCESS*,
SPECIAL EVENTS
AND MORE!**

**East County, Long Branch and Mid-County do not have computer access.*

COFFIELD

Gwendolyn Coffield Community Center
2450 Lyttonsville Road
Silver Spring, MD
Phone 240.777.4900
Grades K-5

COURSE № MONTH

338501	February
338502	March
338503	April
338504	May
338505	June

MID-COUNTY

Mid-County Community Center
2004 Queensguard Road
Silver Spring, MD
Phone 240.777.6820
Grades K-5

COURSE № MONTH

338541	February
338542	March
338543	April
338244	May
338545	June

DAMASCUS

Damascus Community Center
25520 Oak Drive
Damascus, MD
Phone 240.777.6930
Grades K-8

COURSE № MONTH

338511	February
338512	March
338513	April
338514	May
338515	June

PRAISNER

Marilyn J. Praisner Community Center
14906 Old Columbia Pike
Burtonsville, MD
Phone 240.777.4970
Grades K-5

COURSE № MONTH

338551	February
338552	March
338553	April
338254	May
338555	June

EAST COUNTY

East County Community Center
3310 Gateshead Manor Way
Silver Spring, MD
Phone 240.777.8090
Grades K-5

COURSE № MONTH

338521	February
338522	March
338523	April
338224	May
338525	June

UPPER COUNTY

Upper County Community Center
8201 Emory Grove Road
Gaithersburg, MD
Phone 240.777.8077
Grades K-8

COURSE № MONTH

338561	February
338562	March
338563	April
338264	May
338565	June

LONG BRANCH

Long Branch Community Center
8700 Piney Branch Road
Silver Spring, MD
Phone 240.777.6965
Grades K-5

COURSE № MONTH

338531	February
338532	March
338533	April
338234	May
338535	June

WHITE OAK

White Oak Community Center
1700 April LN
Silver Spring, MD
Phone 240-777-6940
Grades K-8

COURSE № MONTH

339087	February
339088	March
339089	April
339090	May
339091	June

FOR MORE INFORMATION, PLEASE CONTACT THE COMMUNITY CENTERS LISTED ABOVE.
VISIT MONTGOMERYCOUNTYMD.GOV/REC TO REGISTER.

FOR KIDZ ONLY

**Monthly Theme Activities For
Children Grades K-5.**

\$5.00 per night

MONTGOMERYCOUNTYMD.GOV/REC

**Marilyn J. Praisner
Community Center**
14906 Old Columbia Pike
Burtonsville, MD
240-777-4970



12 Ways to have Fun this SPRING

Jump Right In – The Water's Great!

From water aerobic exercises to water Zumba, working out in the pool is an excellent non-impact way to build strength, reduce body fat, and increase flexibility. Classes listed on page 11

S.T.E.P. Up and Do Something.

Students learn leadership and team building, communication and job readiness skills for the future. Please Call 240-777-4977 for info.

Get On The Ball.

Experience the BO-dacious power of the BOSU and reshape your whole body. See page 57.

Cultivate your spirit.

Aikido is the Japanese art that uses the samurai sword to develop mental discipline, awareness and reaction. Page 62.

Twinkle, Twinkle, Little Star.

Your tot will shine in our theater class that does it all through music, movement, storytime, acting games, and art. Class is listed on page 66.

Explore the Far East...

Japanese Tea Ceremony, Calligraphy, Origami, Martial Arts Demos, Traditional Japanese Dance and more. FREE...see page 5.

Take a Deep Lunge

Fencing increases leg strength, flexibility and endurance. Classes listed on page 72.

Batter Up!

Get off the bench and take a swing at adult softball. See ad on page 75.

Relax And Enjoy The Show.

Seniors only - join us at the Margaret Schweinhaut Senior Center for an afternoon of movie greats. Refreshments available. Call the center at 240-777-8085 for details.

Stop and smell the flowers!

Over 150 vendors will be on display in historic Leesburg, featuring landscape designs, gardening supplies, plants, flowers, herbs and so much more! Trip is listed on page 94.

Let's go to the HOP.

Join us at our 50's Sock Hop, a Therapeutic Recreation dance for ages 15 + with disabilities. See page 96.

Throw a party!

With convenient locations and affordable rates, our community centers are the perfect place to host birthday parties, family reunions or other social functions. Call today. Centers are listed on page 98.

EXERCISE... IT DOES YOUR BODY GOOD. SPRING TO IT!

*The TOTAL REC Pass
is the easy way to have access
to all Montgomery County
Recreation facilities,
including:*

- All Indoor Aquatic Centers
- Fully Equipped
Weight/Exercise Rooms
- Basketball Courts
- Pool Tables

Then now is the time
to treat yourself
to the **TOTAL REC** Pass!
It saves you money while
getting back into shape!

Save MONEY!
Buy your pass online at
recweb.montgomerycountymd.gov

TOTAL



IT'S EASIER THAN EVER TO STAY IN SHAPE
WITH RECREATION'S TOTAL REC PASS!



JAPAN FAIR

PRESENTED BY
YOKOHAMA HAYATO HIGH SCHOOL STUDENTS



2013

**BAUER DRIVE
COMMUNITY CENTER**
14625 Bauer Drive
Rockville, MD 20853

SATURDAY, MARCH 23
1:00 PM - 5:00 PM

FREE AND OPEN TO THE PUBLIC

Japanese Tea Ceremony • Calligraphy • Origami • Martial Arts Demos
Traditional Japanese Games • Traditional Japanese Dance
Anime • Manga • Theatrical Performance

Sponsored by the Montgomery County Recreation Department and Sakura Educational Exchange USA
For more information, call the Bauer Drive Community Center, 240-777-6922

These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school.

Diabetes is the fifth leading cause of death in the United States.

African Americans experience higher rates of at least four serious complications of diabetes:

- cardiovascular disease (heart problems) • amputations
- blindness • end stage renal disease (kidney failure)

A staggering one-third of African Americans with diabetes do not know that they have it.

Every 21 seconds a person is diagnosed with diabetes. The number of people with this disease will double worldwide by 2020.

Most African Americans have Type 2 diabetes, or non-insulin-dependent diabetes (NIDDM), which usually develops after age 40. A small number of African Americans have T1 or insulin-dependent diabetes (IDDM), which usually develops before age 20.

Signs and symptoms of diabetes include extreme hunger, extreme thirst, excessive urination, dehydration, and unexplained weight loss.

Risk factors include:

- leading a sedentary lifestyle (exercise less than three times a week).
- having a certain ethnic background (especially African American, American Indian, Asian American, Pacific Islander or Latino)
- a family history of diabetes
- being age 45 or older
- being overweight
- having a blood pressure of 140/90 or higher
- having elevated cholesterol

Basic Must Knows about Diabetes

Topics include carbohydrate counting (planning healthy balanced meals), food label reading (finding healthy foods and learning to balance your choices), physical activity (it's relationship to blood sugar and the right choices for you), diabetes medications (what they are and how they work), and blood glucose monitoring (when to test and what to do about the numbers). Family members encouraged to attend. Light refreshments served.

1 Sessions				\$10
354426	Gwendolyn Coffield CC	3/27	W	6:30pm - 9:30pm
354427	Gwendolyn Coffield CC	4/11	Th	6:30pm - 9:30pm
354428	Gwendolyn Coffield CC	4/16	Tu	6:30pm - 9:30pm

Diabetes Self Management Education Classes

Topics include carbohydrate counting (planning healthy balanced meals), food label reading (finding healthy foods and learning to balance your choices), physical activity (it's relationship to blood sugar and the right choices for you), diabetes medications (what they are and how they work), blood glucose monitoring (when to test and what to do about the numbers) and preventing diabetes complications. Sessions include hand-on activities and practicing skills learned in class. \$30 per person per series. Light meals included. Family members encouraged to attend.

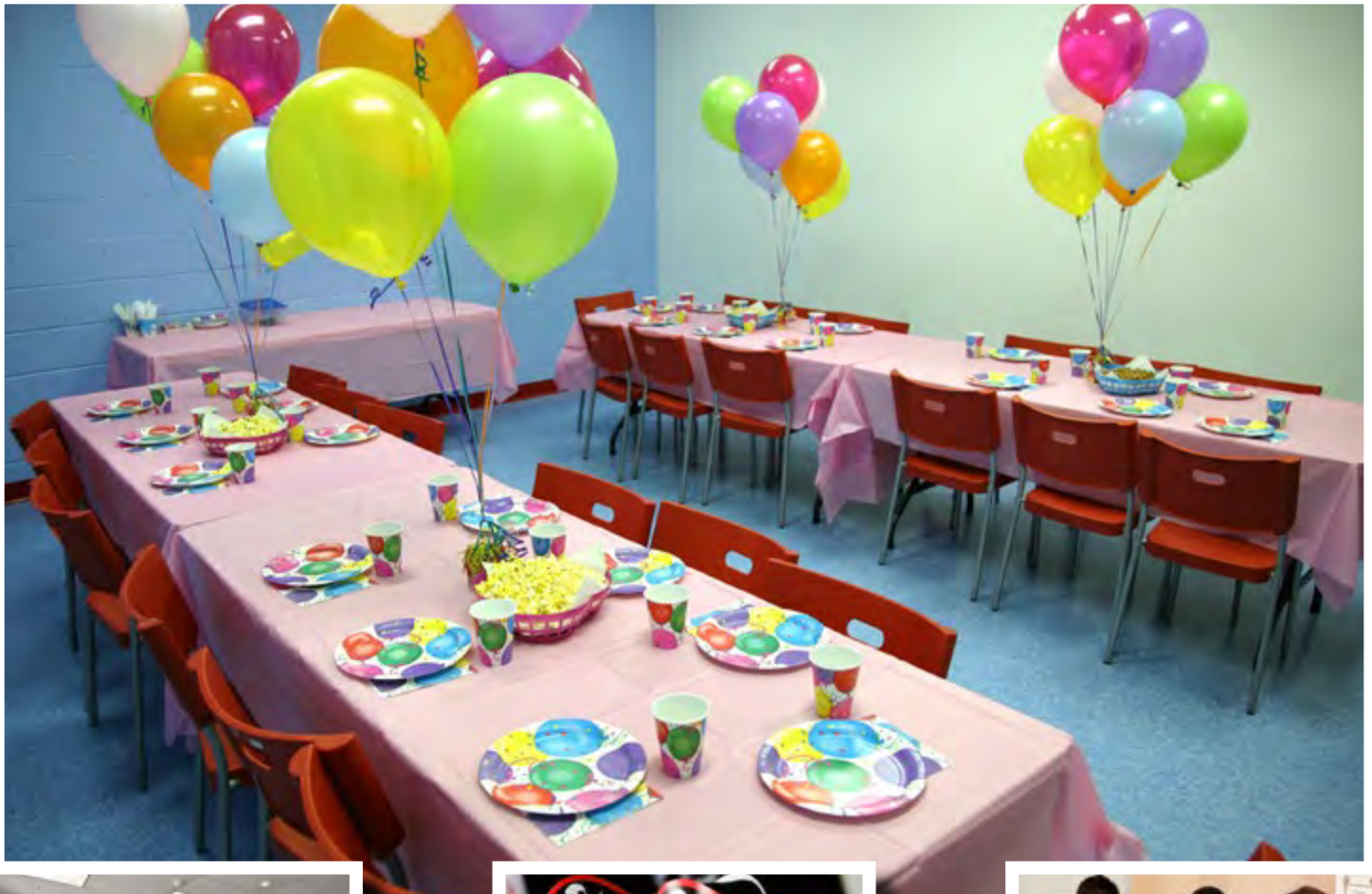
3 Sessions				\$30
354431	Gwendolyn Coffield CC	4/30	Tu	6:30pm - 9:30pm

onehealthylife.org

Call for info: 301.421.5767



We Rent....



Convenient and affordable facilities.

Great for parties or meetings.

Ample parking, tables and chairs supplied, most centers have kitchens.

Contact center for availability and tour. See page 98 for locations.



Just for the



WHITE OAK

Senior Center

1700 April Lane Silver Spring, MD 20904 • 240-777-6944

*White Oak Senior Center
is Now Open!*

Check out a few of our upcoming events!

White Oak Senior Center Open House!

Thursday, March 28th 1:00pm-3:00pm

Event Details: Our open house will offer tours of our green facility, demos of our current exercise classes, cooking demo in our kitchen, and musical entertainment.

Earth Day Fair at White Oak Senior Center!

Monday, April 22nd, 11:00am-2:00pm

Event Summary: First annual Earth Day fair will display a variety of environment friendly vendors, environmental organizations and speakers offering eco resources and information.

First Annual Health & Wellness Fair

Thursday, May 30th 10:00am-2:00pm

Event Summary: May 30th is National Senior Fitness Day! We will host an event offering a variety of vendors from the local community offering services and goods for catering to the senior community. We will also have speakers and demonstrations offering a variety of entertainment.

RECoed

BIKE RODEO

Damascus Community Recreation Center

25520 Oak Drive, Damascus, MD 20872 • 240-777-6930

April 22, 2013 • 4:30pm-6:00pm

DCRC CLUB REC will host it's annual BIKE Rodeo with hand signals, bike helmet fitting, bike maintenance and Bicycle Obstacle course which children will ride and will be taught the rules of the road.

Free! we ask parents to assist with stations and new riders.

Bring your bike and helmet or borrow ours!



Classy Sassy Fashion Show !!!

Long Branch Senior Center

8700 Piney Branch Rd., Silver Spring MD 20901 • 240-777-6975

Join us on Thursday, April 18th, 11:00am-1:00pm, for our annual Fashion Show. Whether as a model or an audience member, you won't want to miss it!

Both men and women may model, age 55 plus.

Clothing categories include casual, sporty, thrift store, dressy or ethnic. One or 2 outfits per person and each participant must fill out a model information form. Reserve your space at the reception desk, or call 240.777.6975. Free!

You are also invited to stay for lunch at 1:00pm.

Full cost of the meal is \$5.49 and a voluntary contribution is requested.

Please reserve your space at least 3 days in advance.





Aquatics

*Live a Little ...
Swim a Lot!*

INDOOR POOLS*

Martin Luther King, Jr Swim Center (MLK)

240-777-8060

1201 Jackson Road, Silver Spring

Eunice Kennedy Shriver and Sargent Shriver Aquatic Center (Shriver AC)

240-777-8070

5900 Executive Boulevard, N. Bethesda

Olney Indoor Swim Center (OSC)

240-777-4995

16605 Georgia Avenue, Olney

Germantown Indoor Swim Center (GISC)

240-777-6830

18000 Central Park Circle, Boyds

*Schedules and Facility descriptions are available online at
montgomerycountymd.gov/rec

Family Recreational Swims

Recreational and Lap Swim sessions for the entire family are available daily at each pool. Patrons have the option of paying an admission for each entry, or purchasing a Family, Pair or Individual Pool Pass. Groups of more than 6 people must contact the pool management for additional information.

Swimming Instruction

Please check each pool's listing for lesson schedule changes, due to facility conflicts. Lessons will be held on all other days the facility is open. Please register accordingly.

Rentals - Parties!

GISC, KSAC, OSC, and MLK have times available for rental by groups.

Party Rooms are available for rent.

Contact the facility supervisor for available times and fees.

Website Info

Information about MCR pools is available online. For indoor swim centers this includes schedules for general pool use, swim lessons, safety training (lifeguard training), masters swim training, diving, water fitness classes, and swim team.

WATER FITNESS CLASSES

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool. For course descriptions, dates, days and times see below.

- The program fee covers only the class and locker room use. If you wish to use the facility before or after class you must pay the admission fee.
- No swimming experience is necessary. For Deep Water Running, must be comfortable in deep water.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.
- MCR does not schedule make-up classes. Please speak to instructors for possible times. Withdrawal policies are listed on page 164.

Instructors:

Wellness Network: Linda Costello	301-924-3488	wellnet1@aol.com
Waterworks: Sally Dimsdale	301-593-1609	sallyswaterworks@msn.com
H2O Fitness: Peggy Brower	301-603-1328	browsers4@aol.com



Aqua Mommy

Aqua Cardio Challenge

This CO-ED class offers a vigorous workout giving you the cardio challenge you want. It meets in the shallow end of the pool where the water will be churning. It is a power packed class where you will build muscle, endurance and stamina.

9 Sessions	\$48
Instructor: Peggy Brower	
351150 MLK Swim Center	3/17 Su 5:00pm - 6:00pm
Instructor: Network, Inc Wellness	
351699 Olney Swim Center	3/19 Tu 7:00pm - 7:50pm

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves are recommended and can be purchased at class.

9 Sessions	\$48
Instructor: Peggy Brower	
351148 MLK Swim Center	3/18 M 10:00am - 10:50am
351149 MLK Swim Center	3/20 W 10:00am - 10:50am

Aqua YO-Lates

AQUA YO-Lates blends both yoga and pilates exercises together giving you the best of both worlds. The gentle movement sequences will improve ROM (range of motion) and help strengthen the whole body.

9 Sessions	\$48
Instructor: Peggy Brower	
351153 MLK Swim Center	3/22 F 10:00am - 10:50am

Aqua Mommy/ Pre-Natal

This is a class designed for moms who stay at home. Mom will get a gentle workout while the child gets used to the water and exercises with mom. Everyone makes new friends and gets some exercise. Child must be at least 6 months old. Your child will be in the class with you. A great class for Pre-Natal Moms.

9 Sessions	\$59
Instructor: Peggy Brower	
351152 Germantown ISC	3/15 F 10:30am - 11:20am

AquaZumba

Zumba is the latest craze that is sweeping the nation. This latin inspired aerobic workout is a Fun, muscle pumping, caloric burning dance workout done in shallow water. The workout is guaranteed to make waves.

9 Sessions	\$48
Instructor: Peggy Brower	
351154 Germantown ISC	3/18 M 9:30am - 10:20am
351159 MLK Swim Center	3/19 Tu 9:30am - 10:20am
351160 MLK Swim Center	3/21 Th 9:30am - 10:20am
351161 Germantown ISC	3/19 Tu 7:40pm - 8:30pm
351162 Germantown ISC	3/21 Th 7:40pm - 8:30pm
351155 MLK Swim Center	3/22 F 7:00pm - 7:50pm
Instructor: Network, Inc Wellness	
351156 Olney Swim Center	3/17 Su 9:00am - 9:50am
351158 Olney Swim Center	3/18 M 8:00pm - 8:50pm
351698 Olney Swim Center	3/18 M 1:30pm - 2:20pm
351157 Olney Swim Center	3/20 W 8:00pm - 8:50pm
351704 Germantown ISC	3/21 Th 10:30am - 11:20am

FIND US FAST ON
YOUR SMARTPHONE



**Check out our
land fitness
classes Too!**

Held at
Aquatic Facilities

Pilates	pg. 56
Body Sculpting	pg. 57
Zumba	pg. 53



Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross training and/or rehabilitating persons requiring the cushioning of deep water. Deep Water belt is required and may be purchased at the pool for \$20.

8 Sessions	\$42			
Instructor:Sally Dimsdale				
351566 Germantown ISC	3/16	Sa	9:30am -10:20am	
9 Sessions	\$48			
Instructor:Peggy Brower				
351171 MLK Swim Center	3/16	Sa	9:00am - 9:50am	
351170 MLK Swim Center	3/18	M	1:00pm - 1:50pm	
351195 Germantown ISC	3/18	M	10:30am -11:20am	
351168 MLK Swim Center	3/19	Tu	7:30am - 8:20am	
351165 MLK Swim Center	3/20	W	1:00pm - 1:50pm	
351194 Germantown ISC	3/20	W	10:30am -11:20am	
351169 MLK Swim Center	3/21	Th	7:30am - 8:20am	
351172 MLK Swim Center	3/22	F	11:00am -11:50am	
Instructor:Sally Dimsdale				
351179 Kennedy Shriver Aq Ctr	3/18	M	8:30am - 9:20am	
351175 Kennedy Shriver Aq Ctr	3/19	Tu	10:00am -10:50am	
351177 Kennedy Shriver Aq Ctr	3/19	Tu	7:30pm - 8:20pm	
351173 Kennedy Shriver Aq Ctr	3/20	W	8:30am - 9:20am	
351176 Kennedy Shriver Aq Ctr	3/21	Th	10:00am -10:50am	
351178 Kennedy Shriver Aq Ctr	3/21	Th	7:30pm - 8:20pm	
351174 Kennedy Shriver Aq Ctr	3/22	F	8:30am - 9:20am	
Instructor:Network, Inc Wellness				
351183 Olney Swim Center	3/16	Sa	9:00am - 9:50am	
351186 Olney Swim Center	3/18	M	7:00pm - 7:50pm	
351190 Germantown ISC	3/18	M	7:40pm - 8:30pm	
351166 MLK Swim Center	3/19	Tu	7:00pm - 7:50pm	
351180 Olney Swim Center	3/19	Tu	8:30am - 9:20am	
351184 Olney Swim Center	3/19	Tu	10:30am -11:20am	
351192 Germantown ISC	3/19	Tu	9:30am -10:20am	
351187 Olney Swim Center	3/20	W	7:00pm - 7:50pm	
351188 Olney Swim Center	3/20	W	1:30pm - 2:20pm	
351191 Germantown ISC	3/20	W	8:30pm - 9:20pm	
351167 MLK Swim Center	3/21	Th	7:00pm - 7:50pm	
351181 Olney Swim Center	3/21	Th	8:00pm - 8:50pm	
351182 Olney Swim Center	3/21	Th	8:30am - 9:20am	
351185 Olney Swim Center	3/21	Th	10:30am -11:20am	
351193 Germantown ISC	3/21	Th	9:30am -10:20am	
351702 Olney Swim Center	3/22	F	6:00pm - 6:50pm	

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Sessions	\$48			
Instructor:Sally Dimsdale				
351560 Kennedy Shriver Aq Ctr	3/18	M	11:00am -11:50am	
351561 Kennedy Shriver Aq Ctr	3/20	W	11:00am -11:50am	
351562 Kennedy Shriver Aq Ctr	3/22	F	11:00am -11:50am	
Instructor:Network, Inc Wellness				
351563 Olney Swim Center	3/18	M	10:00am -10:50am	
351558 MLK Swim Center	3/19	Tu	10:30am -11:20am	
351564 Olney Swim Center	3/20	W	10:00am -10:50am	
351559 MLK Swim Center	3/21	Th	10:30am -11:20am	
351565 Olney Swim Center	3/22	F	10:00am -10:50am	

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Sessions	\$48			
Instructor:Sally Dimsdale				
351536 Kennedy Shriver Aq Ctr	3/18	M	9:30am -10:20am	
351532 Kennedy Shriver Aq Ctr	3/19	Tu	8:30am - 9:20am	
351534 Kennedy Shriver Aq Ctr	3/20	W	9:30am -10:20am	
351533 Kennedy Shriver Aq Ctr	3/21	Th	8:30am - 9:20am	
351535 Kennedy Shriver Aq Ctr	3/22	F	9:30am -10:20am	
Instructor:Network, Inc Wellness				
351530 MLK Swim Center	3/19	Tu	8:00pm - 8:50pm	
351538 Olney Swim Center	3/19	Tu	9:30am -10:20am	
351531 MLK Swim Center	3/21	Th	8:00pm - 8:50pm	
351537 Olney Swim Center	3/21	Th	7:00pm - 7:50pm	
351539 Olney Swim Center	3/21	Th	9:30am -10:20am	
351541 Germantown ISC	3/20	W	7:40pm - 8:30pm	

Water Boot Camp

Are you ready for an X-Treme Workout? Water Boot Camp is a high intensity workout like no other. This class utilizes both traditional water aerobics moves along with modified plyometrics, interval training, running and jumping drills. A great way to burn lots of calories efficiently because your work your entire body, heart and muscles by going from one exercise to another. Enlist today and experience this top notch, effective workout. You might even sweat in the water! All ages and physical levels are welcome. Offered in either shallow water or deep water (belt required).

9 Sessions	\$48			
Instructor:Network, Inc Wellness				
351705 Germantown ISC	3/15	F	1:00pm - 1:50pm	
352106 Germantown ISC	3/19	Tu	10:30am -11:20am	
351544 Olney Swim Center	3/22	F	1:30pm - 2:20pm	

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions	\$48			
Instructor:Peggy Brower				
351550 Germantown ISC	3/15	F	9:30am -10:20am	
351546 MLK Swim Center	3/18	M	9:00am - 9:50am	
351547 MLK Swim Center	3/20	W	9:00am - 9:50am	
351549 Germantown ISC	3/20	W	9:30am -10:20am	
351548 MLK Swim Center	3/22	F	9:00am - 9:50am	
Instructor:Sally Dimsdale				
351551 Kennedy Shriver Aq Ctr	3/18	M	8:30pm - 9:20pm	
351552 Kennedy Shriver Aq Ctr	3/19	Tu	11:30am -12:20pm	
351553 Kennedy Shriver Aq Ctr	3/20	W	8:30pm - 9:20pm	
351554 Kennedy Shriver Aq Ctr	3/21	Th	11:30am -12:20pm	
Instructor:Network, Inc Wellness				
351557 Olney Swim Center	3/18	M	9:00am - 9:50am	
351555 Olney Swim Center	3/20	W	9:00am - 9:50am	
351556 Olney Swim Center	3/22	F	9:00am - 9:50am	

DEVELOPMENTAL SWIM TRAINING

These programs help to provide a transition between swim lessons and swim team participation. They also provide a year-round program for the Fall swim team member.

iSwim Clinic

iSwim Clinic, lead by Sue Chen and Dave Crocker, is not a learn to swim program. With stroke technique drills, workouts, and video taping, iSwim Clinic will track participant progress. This program is intended to enhance competitive training. This program will not meet for one Sunday which will be announced at the first session. For more information, contact iSwim Clinic at schen502@comcast.net.

12 Sessions \$285
Instructors: Sue Chen, Dave Crocker
345505 Olney Swim Center 3/3 Su 2:00pm - 3:00pm

SwiMontgomery

A developmental program for kids 12 and under who have an interest in competitive swimming and want to build a foundation of related skills.

\$190
Instructor: Clinics MSTC
347189 Germantown ISC 4/2 Tu, Th 7:30pm - 8:20pm
347190 Kennedy Shriver Aq Ctr 4/2 Tu, Th 7:20pm - 8:10pm
347191 MLK Swim Center 3/11 M, W 7:00pm - 7:50pm
347188 Olney Swim Center 2/25 M, W 7:00pm - 8:30pm

SCUBA

Scuba Instruction

Scuba training includes lectures and swimming pool sessions covering safe snorkeling and SCUBA diving techniques. Use of all SCUBA equipment is included in the course fee. Personal equipment (mask, snorkel, fins, boots and weight belt) will be provided by each student by the second class. Please bring a swim suit and towel to the first session for the swim evaluation. Comfort in the water must be demonstrated. Successful completion of the course, the exam, and the 'checkout dives' will earn the student a NAUI SCUBA Diver certification card. Additional fees apply, to be discussed at the first class session. Please contact the instructor for more information. For Olney or Germantown, contact Scott at 301-610-4988 or Training@scubaadventure.org. For MLK (Silver Spring) contact Joe at 301-873-4327 or diveeatsleep@yahoo.com.

8 Sessions \$250
Instructor: Scott Hagedorn
351568 Germantown ISC 4/23 Tu 7:00pm - 10:00pm
348885 Olney Swim Center 4/22 M 7:00pm - 10:00pm
351567 MLK Swim Center 4/3 W 7:00pm - 10:00pm

Spring Tune-Up

The Montgomery Stroke and Turn Clinic has served the Montgomery County swimming community for over twenty years. MSTC is designed for swimmers 5-18 years old who wish to improve their ability to swim the four competitive strokes, learn correct starts and turns, gain strength, and have fun. This is not a training program. Rather, coaches will work on proper stroke mechanics and techniques with swimmers to better prepare them for the upcoming summer season.

6 Sessions \$100
Instructor: Clinics MSTC
347198 MLK Swim Center 4/20 Sa 4:00pm - 5:00pm
347199 Olney Swim Center 4/20 Sa 4:00pm - 5:00pm

Scuba Continuing Education

This program is designed for previously Certified SCUBA Divers. Past students of the Montgomery County Aquatics SCUBA program, as well as divers certified elsewhere are welcome to participate. This six-week program will allow participants to practice or refresh their SCUBA skills in an indoor pool. Weekly skill review and challenges will be presented. Opportunities for higher certifications such as Advanced SCUBA Diver, Rescue Diver, Divemaster, Assistant Instructor and SCUBA Instructor will be available. Optional dives in local quarries, rivers, Chesapeake Bay, Atlantic Ocean and the Caribbean are organized regularly. (Additional fees for open water dives or further certifications apply.) Staff provides a full SCUBA tank for each participant; participants provide all other SCUBA gear. Gear rental is available at an additional cost. Contact instructor Joe Lodmell for more details at 301-873-4327 or diveeatsleep@yahoo.com.

6 Sessions \$180
Instructor: Joseph Lodmell
352972 MLK Swim Center 4/3 W 8:00pm - 10:00pm



Will work for air fills.....



DIVING

Montgomery Dive Club (MDC) is an advanced age-group competitive program offered at GISC, MLK, KSAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at Germantown ISC and KSAC. Additional fees will be charged for insurance and team meet fees. For further information visit montgomerydiveclub.org or email MDCBeavers@gmail.com.

Diving Guests

Registration by invitation only.
Contact MDCBeavers@gmail.com for more information.

11 Sessions \$180

Instructor:

350254 Germantown ISC 4/1 M 8:30pm -10:30pm

Instructor: Doug Beavers

350250 Kennedy Shriver Aq Ctr 4/1 M 8:30pm -10:00pm

350252 Germantown ISC 4/2 Tu 5:15pm - 7:15pm

350251 Kennedy Shriver Aq Ctr 4/4 Th 8:30pm -10:00pm

350253 Germantown ISC 4/4 Th 8:30pm -10:00pm

350249 Kennedy Shriver Aq Ctr 4/7 Su 8:00am -10:00am

Diving High School

Our High School group is perfect for divers interested in trying out for their High School Diving Team, or who want to improve their performance at Metro, Regional and State Championship Meets. Primary focus is on 1-meter spring-board, but other equipment is used to build skills. Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

11 Sessions \$260

Instructor: Doug Beavers

350255 Kennedy Shriver Aq Ctr 4/1 M 8:00pm - 9:30pm

350258 Germantown ISC 4/1 M 8:30pm -10:00pm

350259 Germantown ISC 4/3 W 8:30pm -10:00pm

350256 Kennedy Shriver Aq Ctr 4/4 Th 8:00pm - 9:30pm

350257 MLK Swim Center 4/5 F 7:00pm - 9:00pm



If you would like to make a tax deductible donation to FRIENDS OF RECREATION, to support MCR facilities and programs, or enable a needy child or teen to enjoy a positive recreation experience, please make your check payable to Community Foundation/MCR and indicate how you want your gift to be used.

**Send your check to: Friends of Recreation,
4010 Randolph Road, Silver Spring, MD 20902.
To learn more about FOR, call 240-777-4920
or check our web page at
montgomerycountymd.gov/rec.**

MDC Staff strives to create an atmosphere where each diver reaches their potential in a positive and nurturing environment.



Follow us on Facebook and Twitter!

Diving Springs Lessons

This 45 minute class is designed for absolute beginners, kids age 5-11, or kids who might benefit from a shorter class format. Most participants are age 6-10. Participants must be comfortable swimming in deep water. Additional fees include \$20.00 to the club as an annual family membership fee and \$16.00 to AAU.

11 Sessions	\$135			
Instructor: Doug Beavers				
350273	Olney Swim Center	4/1	M	5:00pm - 5:45pm
350271	Germantown ISC	4/2	Tu	4:00pm - 4:45pm
350272	Germantown ISC	4/2	Tu	4:45pm - 5:30pm
350279	Kennedy Shriver Aq Ctr	4/2	Tu	4:00pm - 4:45pm
350280	Kennedy Shriver Aq Ctr	4/2	Tu	4:45pm - 5:30pm
350274	Olney Swim Center	4/3	W	5:00pm - 5:45pm
350276	Germantown ISC	4/4	Th	4:00pm - 4:45pm
350277	Germantown ISC	4/4	Th	4:45pm - 5:30pm
350281	Kennedy Shriver Aq Ctr	4/4	Th	4:00pm - 4:45pm
350282	Kennedy Shriver Aq Ctr	4/4	Th	4:45pm - 5:30pm
350275	MLK Swim Center	4/7	Su	10:30am - 11:15am
350278	MLK Swim Center	4/7	Su	11:15am - 12:00pm

Diving Masters

It's never too late to learn to dive! For adults who want to see what it's all about, or for former competitive divers who aren't quite ready to hang up the speedo, we suggest you join the Rusty Springs! Additional fees include \$50.00 to the club as an annual family membership fee and \$16.00 to AAU.

11 Sessions	\$260			
Instructor: Doug Beavers				
350260	Kennedy Shriver Aq Ctr	4/1	M	8:00pm - 9:30pm
350261	Kennedy Shriver Aq Ctr	4/4	Th	8:00pm - 9:30pm

Diving National Team

National Training Programs Montgomery Dive Club has long been recognized as a consistent producer of nationally and internationally competitive divers. Admission into the MDC National Training Programs requires the permission of the Program Director. This is a year-round program focused on the highest levels of personal and team achievement. Please contact the Program Director for more information on these programs - MDCBeavers@gmail.com. Additional fees include \$300.00 to the club as an annual family membership fee, \$16.00 to AAU, and \$75.00 to USA diving.

Instructor: Doug Beavers				
3 days per week	\$400			
350262	Kennedy Shriver Aq Ctr	4/1	Mon.- Fri.	3:30pm-5:00pm
350265	Germantown ISC	4/1	Mon.- Fri.	3:30pm-5:00pm
4 days per week	\$500			
350263	Kennedy Shriver Aq Ctr	4/1	Mon.- Fri.	3:30pm-5:00pm
350266	Germantown ISC	4/1	Mon.- Fri.	3:30pm-5:00pm
5+ days per week	\$600			
350264	Kennedy Shriver Aq Ctr	4/1	Mon.- Fri.	3:30pm-5:00pm
350267	Germantown ISC	4/1	Mon.- Fri.	3:30pm-5:00pm

Diving Springs Team (Open)

This is where the majority of our divers sign up. These 90-minute classes are great for kids with some experience in summer diving, trampoline, gymnastics or dance. This is also the correct class for kids age 10 and older who are comfortable in deep water, motivated to learn about the sport of diving, and who would otherwise feel uncomfortable in a Lesson class with little kids. Additional fees include \$100.00 to the club as an annual family membership fee and \$16.00 to AAU.

11 Sessions	\$260			
Instructor: Doug Beavers				
350283	Germantown ISC	4/1	M	4:00pm - 5:30pm
350284	Kennedy Shriver Aq Ctr	4/1	M	4:00pm - 5:30pm
350285	Kennedy Shriver Aq Ctr	4/1	M	6:00pm - 7:30pm
350298	Olney Swim Center	4/1	M	5:45pm - 7:15pm
350302	Germantown ISC	4/1	M	5:30pm - 7:00pm
350304	Germantown ISC	4/1	M	1:00pm - 2:30pm
350311	MLK Swim Center	4/1	M	7:00pm - 8:30pm
350286	Kennedy Shriver Aq Ctr	4/2	Tu	6:00pm - 7:30pm
350287	Kennedy Shriver Aq Ctr	4/2	Tu	4:00pm - 5:30pm
350288	MLK Swim Center	4/2	Tu	5:30pm - 7:00pm
350293	Germantown ISC	4/2	Tu	5:30pm - 7:00pm
350289	Germantown ISC	4/3	W	1:00pm - 2:30pm
350290	Kennedy Shriver Aq Ctr	4/3	W	4:00pm - 5:30pm
350295	Kennedy Shriver Aq Ctr	4/3	W	6:00pm - 7:30pm
350299	Olney Swim Center	4/3	W	5:45pm - 7:15pm
350305	Germantown ISC	4/3	W	5:30pm - 7:00pm
350306	Germantown ISC	4/3	W	4:00pm - 5:30pm
350312	MLK Swim Center	4/3	W	7:00pm - 8:30pm
350291	Kennedy Shriver Aq Ctr	4/4	Th	6:00pm - 7:30pm
350294	MLK Swim Center	4/4	Th	5:30pm - 7:00pm
350300	Kennedy Shriver Aq Ctr	4/4	Th	4:00pm - 5:30pm
350307	Germantown ISC	4/4	Th	5:30pm - 7:00pm
350292	Kennedy Shriver Aq Ctr	4/5	F	4:00pm - 5:30pm
350296	Kennedy Shriver Aq Ctr	4/5	F	6:00pm - 7:30pm
350303	Germantown ISC	4/5	F	1:00pm - 2:30pm
350308	Germantown ISC	4/5	F	4:00pm - 5:30pm
350310	Germantown ISC	4/5	F	5:30pm - 7:00pm
350297	MLK Swim Center	4/6	Sa	7:00pm - 8:30pm
350301	MLK Swim Center	4/7	Su	9:00am - 10:30am

Super Springs Team - Invitation Only

A small number of divers may be selected by the National Team Coaching Staff to participate in the Super Springs program. This program has strict criteria for selection and very high expectations for continued membership. Divers in this group are on track to become members of the MDC National Team.

30 Sessions	\$350			
354074	Kennedy Shriver Aq Ctr	4/2	Tu,Th,F	5:30pm - 7:30pm
40 Sessions	\$350			
354075	Germantown ISC	4/2	Tu,Th,F,Su	5:30pm - 7:30pm

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COMPETITIVE PROGRAMS

ROCKVILLE MONTGOMERY SWIM CLUB

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is the local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

Swimmers new to the program must attend a skill assessment and group placement evaluation at the pool of their choice. Coaches will assign practice groups depending on skill level. Swimmers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid in full. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. The Spring session runs April 8th to May 24th and the Spring/Summer session runs April 8th to August 2nd, 2013



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NEWCOMER EVALUATIONS:

Kennedy Shriver
Aquatic Center

Wednesday, April 3rd, 2013

9-12 yr olds – 5:00 PM

8 & Unders – 6:00 PM

13 & Overs – Please
contact the facility AFTER
March 27th to find out the
status of whether we will
hold evaluations on April
3rd, 2013.

Germantown Indoor,
Martin Luther King, Jr and
Olney Swim Center

Evaluations will be held on
the first day of practice for
the following groups:

Minis, Juniors, Juniors 1
and Seniors.

Germantown Indoor Swim Center

For information contact Jonathan Smink at 240-777-6830
or Jon.Smink@montgomerycountymd.gov.

MINIS

350460	Spring Only	\$240
	Monday	5:00pm-6:00pm
	Wednesday	5:15pm-6:15pm
	Friday	5:30pm-6:30pm
	Sunday	7:00am-8:00am

Recommended attendance: 2/week

JUNIORS

350461	Spring Only	\$275
	Monday	6:00pm-7:00pm
	Thursday, Friday	6:30pm-7:30pm
	Sunday	7:00am-8:00am

Recommended attendance: 2/week.

ADVANCED JUNIORS-Coaches Invite Only

350462	Spring Only	\$300
350463	Spring-Summer	\$630
	Tuesday, Wednesday, Thursday	6:00pm-7:30pm
	Friday	5:30pm-7:00pm
	Sunday	7:00am-8:30am

Recommended attendance: 3-5/week

SENIORS

350465	Spring Only	\$300
350470	Spring-Summer	\$630
	Monday	7:00pm-8:00pm
	Tuesday	5:00pm-6:00pm
	Wednesday	4:45am-6:15am
	Thursday	3:30pm-5:00pm

Recommended attendance: 2/week.

ADVANCED SENIORS-Coaches Invite Only

350466	Spring-Summer	\$740
	Monday	3:30pm-6:00pm
	Tuesday	3:30pm-5:00pm
	Tuesday, Thursday	4:45am-6:15am
	Wednesday	3:30pm-6:15pm
	Saturday	5:30am-8:30am

Minimum practices required: 5/week.

NDG-Coaches Invite Only

350464	Spring-Summer	\$740
	Monday	5:00pm-7:30pm
	Tuesday	5:30pm-7:30pm
	Wednesday	6:00pm-7:30pm
	Wednesday	4:45am-6:15am
	Thursday	4:00pm-6:30pm
	Saturday	6:30am-10:00am

Minimum practices required: 5/week

NTG-Coaches Invite Only

350467	Spring-Summer	\$800
	Monday, Wednesday, Friday	4:45am-6:15am
	Monday, Wednesday	3:30pm-6:00pm
	Tuesday	3:30pm-6:30pm
	Thursday	3:30pm-7:00pm
	Friday	3:30pm-5:30pm
	Saturday	6:30am-10:00am

Minimum practices required: 7/week

Olney Swim Center

For information call Herb Poe at 240-777-4995
or herb.poe@montgomerycountymd.gov.

MINIS

350483	Spring Only	\$240
	Tuesday, Thursday, Friday	6:00pm-7:00pm

Recommended attendance: 2/week.

JUNIOR 1

350484	Spring Only	\$275
	Tuesday, Thursday	6:00pm-7:00pm
	Sunday	8:00am-9:00am

Recommended attendance: 2/week.

JUNIOR 2-Coaches Invite Only

350485	Spring Only	\$290
	Monday, Wednesday	6:00pm-7:00pm
	Friday	5:00pm-6:00pm
	Sunday	7:30am-8:30am

Recommended attendance: 3/week.

ADVANCED JUNIORS-Coaches Invite Only

350486	Spring Only	\$300
350487	Spring-Summer	\$630
	Tuesday, Thursday, Friday	5:00pm-6:00pm
	Wednesday	5:00pm-7:00pm
	Sunday	7:30am-9:00am

Required attendance: 3-5/week.

SENIORS

350489	Spring Only	\$300
350490	Spring-Summer	\$630
	Tuesday, Wednesday, Friday	3:45pm-5:00pm
	Thursday	3:45pm-6:00pm
	Saturday	7:30am-9:00am

Recommended attendance: 3/week.

ADVANCED SENIORS-Coaches Invite Only

350491	Spring-Summer	\$740
	Monday, Wednesday, Friday	3:45pm-5:30pm
	Tuesday, Thursday	4:45am-6:15am
	Tuesday, Thursday	3:45pm-6:00pm
	Saturday	5:30am-8:30am

Required attendance: 5/week.

NDG-Coaches Invite Only

350488	Spring-Summer	\$740
	Monday	5:30pm-7:00pm
	Tuesday	4:30pm-7:00pm
	Thursday, Friday	5:00pm-7:00pm
	Sunday	7:00am-9:00am

Minimum practices required: 5/week.

NTG-Coaches Invite Only

350492	Spring-Summer	\$800
	Monday, Wednesday, Friday	4:45am-6:15am
	Monday, Wednesday	3:45pm-7:00pm
	Tuesday, Thursday, Friday	3:45pm-6:00pm
	Saturday	6:00am-10:00am

Minimum practices required: 7/week.

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Martin Luther King, Jr. Swim Center

For information contact Carey Apple at 240-777-8060 or Carey.Apple@montgomerycountymd.gov.

MINIS

350471 Spring Only	\$240
Monday	5:00pm-6:00pm
Wednesday, Friday	4:30pm-5:30pm
Recommended attendance: 2-3/week.	

JUNIOR I

350472 Spring Only	\$275
Tuesday, Thursday	5:00pm-6:00pm
Sunday	8:00am-9:30am
Recommended attendance: 2/week.	

JUNIOR 2-Coaches Invite Only

350473 Spring Only	\$290
Monday	6:00pm-7:00pm
Wednesday, Friday	5:30pm-7:00pm
Sunday	8:00am-9:30am
Recommended attendance: 3/week.	

ADVANCED JUNIORS-Coaches Invite Only

350474 Spring Only	\$300
350475 Spring-Summer	\$630
Monday, Wednesday, Friday	5:30pm-7:00pm
Sunday	7:00am-9:00am
Required attendance: 3-4/week.	

SENIORS

350477 Spring Only	\$300
350478 Spring-Summer	\$630
Monday	5:15pm-7:00pm
Tuesday, Thursday	3:30pm-5:00pm
Wednesday	4:45pm-7:00pm
Friday	3:30pm-4:30pm
Saturday	7:30am-9:00am
Recommended attendance: 4/week.	

ADVANCED SENIORS-Coaches Invite Only

350479 Spring-Summer	\$740
Monday & Friday	4:45am-6:15am
Mon, Tu, Th, Fri	3:30pm-6:00pm
Wednesday	3:30pm-5:30pm
Saturday	6:00am-9:00am
Minimum attendance required: 5/week.	

NDG-Coaches Invite Only

350476 Spring-Summer	\$740
Monday	4:00pm-6:45pm
Tuesday, Thursday	4:15pm-7:00pm
Wednesday	4:45am-6:00am
Friday	4:45pm-7:00pm
Sunday	6:00am-9:00am
Minimum attendance required: 5/week.	

NTG-Coaches Invite Only

350480 Spring-Summer	\$800
Monday, Wednesday, Friday	4:45am-6:15am
Monday, Wednesday	3:45pm-6:45pm
Tuesday, Thursday	4:30pm-7:00pm
Friday	3:45pm-5:30pm
Saturday	6:00am-9:00am
Minimum attendance required: 6-7/week.	

Kennedy Shriver Aquatic Center

For information contact Christa Krukiel at 240-777-8070 or Christa.Krukiel@montgomerycountymd.gov.

MINIS

350449 Spring Only	\$240
Monday, Wednesday	6:00pm-7:00pm
Tuesday, Thursday	5:00pm-5:45pm
Recommended attendance: 2/week.	

JUNIORS

350450 Spring Only	\$275
Monday, Wednesday, Friday	5:00pm-6:00pm
Sunday	8:45am-10:00am
Recommended attendance: 2/week.	

ADVANCED JUNIORS-Coaches Invite Only

351987 Spring Only	\$300
350451 Spring-Summer	\$630
Tuesday, Thursday	5:45pm-7:15pm
Wednesday	6:15pm-7:30pm
Friday	5:45pm-7:00pm
Sunday	7:00am-9:00am
Required attendance: 3/week.	

SENIOR TEAM (OPTION A)

350453 Spring/Spring-Summer	\$300/\$630
Monday, Wednesday, Friday	3:30pm-5:00pm
Tuesday, Thursday	4:45am-6:15am
Sunday	6:00am-8:00am

SENIOR TEAM (OPTION B)

350455 Spring/Spring-Summer	\$300/\$630
Monday, Wednesday	7:00pm-8:30pm
Tuesday, Thursday	4:45am-6:15am
Friday	3:30pm-5:00pm
Sunday	6:00am-8:00am

*Minimum practices required: 3/week including 1 morning.

SENIOR TRAINING GROUP-Coaches Invite Only

350454 Spring/Spring-Summer	\$360/\$690
Tuesday, Thursday, Friday	3:30pm-5:00pm
Tuesday, Thursday	4:45am-6:15am
Sunday	6:00am-8:00am

ADVANCED SENIORS-Coaches Invite Only

350456 Spring-Summer	\$740
Mon., Tues., Wed., Thur.	3:30pm-5:30pm
Tuesday, Friday	4:45am-6:15am
Sunday	6:00am-8:00am

Minimum practices required: 6/week.
Friday mornings are required.

NDG-Coaches Invite Only

350452 Spring-Summer	\$740
Mon., Tues., Thur., Fri.	6:00pm-7:30pm
Wednesday	4:45am-6:15am
Saturday	5:30am-8:00am

Minimum practices required: 5/week.

NTG-Coaches Invite Only

350457 Spring-Summer	\$800
Monday, Wednesday, Friday	4:45am-6:30am
Mon., Tues., Thur., Fri.	3:00pm-6:00pm
Wednesday	3:00pm-6:15pm
Saturday	5:30am-8:00am

Minimum practices required: 7/week.

MASTERS SWIMMING

Designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters swimming competitions. Training is offered at MLK, KSAC, OSC and GISC. For information contact Clay Britt at 301-996-7946 or clay@claybrittswimming.com.

341575	1 day per week	
12/30-4/20		\$95
341576	2 days per week	
12/30-4/20		\$135
341577	3 days per week	
12/30-4/20		\$175
341578	4 days per week	
12/30-4/20		\$215
341579	5 days per week	
12/30-4/20		\$255

Practice Schedule

GISC	M, W, F Tu, Th	6:30am-7:30am 8:30pm-10:00pm
KSAC	Tu, Th F Su	8:30pm-10:00pm 8:30pm-9:30pm 8:00am-10:00am
OSC	Tu, Th Sa	8:30pm-10:00pm 7:30am-9:00am
MLK	M, W	8:30pm-10:00pm



SAFETY TRAINING

MCR-Aquatics offers American Red Cross courses for potential Aquatics professionals. Participants must meet all prerequisites and attend ALL sessions. Call the facility for further information.

Lifeguard Training \$195

This course will train you to be certified in American Red Cross Lifeguarding, First Aid and CPR/AED for Professional Rescuer. Certifications are valid for 2 years. Attendance is required at ALL sessions in order to be certified. Students **MUST** be 15 years old by the last day of the course. Proof of age is required at the first class. This course includes a pre-course check.

The pre-course consists of 3 parts.

1. 300 meter swim (front crawl or breaststroke).
2. Tread water for 2 minutes using only the legs.
3. Swim 20 yards (free or breast), surface dive to 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards on your back to starting position, exit the water on your own in under 1 min 40sec.

The first date listed for every Lifeguard Training course is a pre-course. You **MUST** pass the pre-course to continue.

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Now Hiring Part Time Staff!

Part time temporary work is available at our indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.



Germantown Indoor Swim Center

Session	Date	Begins	Ends
LGT 3: Course 339600			
Pre-Course Friday, Mar. 1		7:30pm	9:00pm
Session 1	Sunday, Mar. 3	9:30am	12:30pm
Session 2	Sunday, Mar. 3	1:00pm	4:00pm
Session 3	Wednesday, Mar. 6	6:30pm	9:30pm
Session 4	Sunday, Mar. 10	9:30am	12:30pm
Session 5	Sunday, Mar. 10	1:00pm	4:00pm
Session 6	Wednesday, Mar. 13	6:30pm	9:30pm
Session 7	Sunday, Mar. 17	9:30am	12:30pm
Session 8	Sunday, Mar. 17	1:00pm	4:00pm
Session 9	Wednesday, Mar. 20	6:30pm	9:30pm
LGT 4: Course 339601			
MCPS – Spring Break			
Pre-Course Thursday, Mar. 21		7:30pm	9:30pm
Session 1	Monday, Mar. 25	2:00pm	5:00pm
Session 2	Monday, Mar. 25	5:30pm	9:00pm
Session 3	Tuesday, Mar. 26	2:00pm	5:00pm
Session 4	Tuesday, Mar. 26	5:30pm	9:00pm
Session 5	Wednesday, Mar. 27	2:00pm	5:00pm
Session 6	Wednesday, Mar. 27	5:30pm	9:00pm
Session 7	Thursday, Mar. 28	2:00pm	5:00pm
Session 8	Thursday, Mar. 28	5:30pm	9:00pm
Session 9	Friday, Mar. 29	6:30pm	9:30pm
LGT 5: Course 339602			
Pre-Course Friday, Apr. 12		7:30pm	9:00pm
Session 1	Sunday, Apr. 14	9:30am	12:30pm
Session 2	Sunday, Apr. 14	1:00pm	4:00pm
Session 3	Wednesday, Apr. 17	6:30pm	9:30pm
Session 4	Sunday, Apr. 21	9:30am	12:30pm
Session 5	Sunday, Apr. 21	1:00pm	4:00pm
Session 6	Wednesday, Apr. 24	6:30pm	9:30pm
Session 7	Sunday, Apr. 28	9:30am	12:30pm
Session 8	Sunday, Apr. 28	1:00pm	4:00pm
Session 9	Wednesday, May 1	6:30pm	9:30pm
LGT 6: Course 339603			
Pre-Course Friday, June 14		7:30pm	9:30pm
Session 1	Sunday, June 16	9:30am	12:30pm
Session 2	Sunday, June 16	1:00pm	4:00pm
Session 3	Monday, June 17	2:00pm	5:00pm
Session 4	Monday, June 17	5:30pm	9:00pm
Session 5	Tuesday, June 18	2:00pm	5:00pm
Session 6	Tuesday, June 18	5:30pm	9:00pm
Session 7	Wednesday, June 19	2:00pm	5:00pm
Session 8	Wednesday, June 19	5:30pm	9:00pm
Session 9	Thursday, June 20	6:30pm	9:30pm

Follow us on Facebook and Twitter!

Kennedy Shriver Aquatic Center

Session	Date	Begins	Ends
LGT 3: Course 339054			
March - 2013			
MCPS – Spring Break			
Pre-Course	Friday, Mar. 22	7:30pm	9:30pm
Session 1	Saturday, Mar. 23	8:30am	12:00pm
Session 2	Saturday, Mar. 23	12:00pm	3:00pm
Session 3	Monday, Mar. 25	8:30am	11:30am
Session 4	Monday, Mar. 25	11:30am	3:00pm
Session 5	Wednesday, Mar. 27	8:30am	11:30am
Session 6	Wednesday, Mar. 27	11:30am	3:00pm
Session 7	Thursday, Mar. 28	8:30am	11:30am
Session 8	Thursday, Mar. 28	11:30am	3:00pm
Session 9	Friday, Mar. 29	11:30am	3:00pm
LGT 4: Course 339055			
March - 2013			
MCPS – Spring Break			
Pre-Course	Friday, Mar. 22	7:30pm	9:30pm
Session 1	Sunday, Mar. 24	9:00am	12:00pm
Session 2	Sunday, Mar. 24	12:00pm	2:00pm
Session 3	Monday, Mar. 25	3:30pm	6:30pm
Session 4	Monday, Mar. 25	6:30pm	9:30pm
Session 5	Wednesday, Mar. 27	3:30pm	6:30pm
Session 6	Wednesday, Mar. 27	6:30pm	9:30pm
Session 7	Thursday, Mar. 28	4:00pm	6:30pm
Session 8	Thursday, Mar. 28	6:30pm	9:30pm
Session 9	Friday, Mar. 29	3:30pm	6:30pm
LGT 5: Course 339056			
June - 2013			
Pre-Course	Thursday, Jun. 20	7:30pm	9:30pm
Session 1	Friday, Jun. 21	9:00am	12:00pm
Session 2	Friday, Jun. 21	12:00pm	3:00pm
Session 3	Monday, Jun. 24	9:00am	12:00pm
Session 4	Monday, Jun. 24	12:00pm	3:00pm
Session 5	Tuesday, Jun. 25	9:00am	12:00pm
Session 6	Tuesday, Jun. 25	12:00pm	3:00pm
Session 7	Wednesday, Jun. 26	9:00am	12:00pm
Session 8	Wednesday, Jun. 26	12:00pm	3:00pm
Session 9	Thursday, Jun. 27	9:00am	12:00pm

Martin Luther King, Jr. Swim Center

Session	Date	Begins	Ends
LGT 3: Course 339068			
Feb/Mar - 2013			
Pre-course	Thursday, Feb 21	7:00pm	9:30pm
Session 1	Monday, Feb 25	6:00pm	9:30pm
Session 2	Thursday, Feb 28	6:00pm	9:30pm
Session 3	Sunday, Mar 3	9:00am	1:00pm
Session 4	Monday, Mar 4	6:00pm	9:30pm
Session 5	Thursday, Mar 7	6:00pm	9:30pm
Session 6	Sunday, Mar 10	9:00am	1:00pm
Session 7	Monday, Mar 11	6:00pm	9:30pm
Session 8	Thursday, Mar 14	6:00pm	9:30pm
Session 9	Sunday, Mar 17	9:00am	1:00pm
LGT 4: Course 339069			
March - 2013			
MCPS Spring Break			
Pre-course	Friday, Mar. 22	7:00pm	9:30pm
Session 1	Monday, Mar 25	9:00am	12:00pm
Session 2	Monday, Mar 25	12:30pm	4:00pm
Session 3	Tuesday, Mar 26	9:00am	12:00pm
Session 4	Tuesday, Mar 26	12:30pm	4:00pm
Session 5	Wednesday, Mar 27	9:00am	12:00pm
Session 6	Wednesday, Mar 27	12:30pm	4:00pm
Session 7	Thursday, Mar 28	9:00am	12:00pm
Session 8	Thursday, Mar 28	12:30pm	4:00pm
Session 9	Friday, Mar 29	9:00am	3:00pm
LGT 5: Course 339070			
Apr/May - 2013			
Pre-course	Monday, April 15	7:00pm	9:30pm
Session 1	Thursday, April 18	6:00pm	9:30pm
Session 2	Saturday, April 20	9:00am	12:00pm
Session 3	Saturday, April 20	12:30pm	4:00pm
Session 4	Monday, April 22	6:00pm	9:30pm
Session 5	Thursday, April 25	6:00pm	9:30pm
Session 6	Saturday, April 27	9:00am	12:00pm
Session 7	Saturday, April 27	12:30pm	4:00pm
Session 8	Monday, April 29	6:00pm	9:30pm
Session 9	Thursday, May 2	6:00pm	9:30pm
LGT 6: Course 339071			
June - 2013			
Pre-course	Friday, May 31	7:00pm	9:30pm
Session 1	Sunday, Jun. 2	9:00am	12:00pm
Session 2	Sunday, Jun. 2	12:30pm	4:00pm
Session 3	Monday, Jun. 3	6:00pm	9:30pm
Session 4	Thursday, Jun. 6	6:00pm	9:30pm
Session 5	Friday, Jun. 7	6:00pm	9:30pm
Session 6	Sunday, Jun. 9	9:00am	12:00pm
Session 7	Sunday, Jun. 9	12:30pm	4:00pm
Session 8	Monday, Jun. 10	6:00pm	9:30pm
Session 9	Thursday, Jun. 13	6:00pm	9:30pm
LGT 7: Course 339072			
June - 2013			
Pre-course	Friday, Jun 14	7:00pm	9:30pm
Session 1	Saturday, Jun. 15	9:00am	12:00pm
Session 2	Saturday, Jun. 15	12:30pm	4:00pm
Session 3	Monday, Jun. 17	9:00am	12:00pm
Session 4	Monday, Jun 17	12:30pm	4:00pm
Session 5	Tuesday, Jun. 18	9:00am	12:00pm
Session 6	Tuesday, Jun 18	12:30pm	4:00pm
Session 7	Wednesday, Jun 19	9:00am	12:00pm
Session 8	Wednesday, Jun 19	12:30pm	4:30pm
Session 9	Thursday, Jun 20	9:00am	3:00pm



BE A HERO!

**OUR
LIFEGUARDING
CLASSES OFFER
THE TRAINING
YOU NEED TO
BECOME A
RED CROSS
CERTIFIED
LIFEGUARD.**



MLK Outdoor Pool



Olney Swim Center

Session	Date	Begins	Ends
LGT 2: Course 339075 Feb/Mar - 2013			
Pre-course	Sunday, Feb. 10	2:00pm	3:30pm
Session 1	Wednesday, Feb. 13	6:30pm	10:00pm
Session 2	Sunday, Feb. 17	5:00pm	9:00pm
Session 3	Wednesday, Feb. 20	6:30pm	10:00pm
Session 4	Sunday, Feb. 24	5:00pm	9:00pm
Session 5	Wednesday, Feb. 27	6:30pm	10:00pm
Session 6	Sunday, Mar. 3	5:00pm	9:00pm
Session 7	Wednesday, Mar. 6	6:30pm	10:00pm
Session 8	Wednesday, Mar. 13	6:30pm	10:00pm
Session 9	Sunday, Mar. 17	5:00pm	9:00pm
Session 10	Wednesday, Mar. 20	6:30pm	10:00pm
LGT 3: Course 339076 March - 2013			
MCPS Spring Break			
Pre-course	Saturday, Mar. 23	4:00pm	5:30pm
Session 1	Sunday, Mar. 24	9:00am	12:30pm
Session 2	Monday, Mar. 25	9:00am	12:30pm
Session 3	Monday, Mar. 25	1:00pm	4:30pm
Session 4	Tuesday, Mar. 26	9:00am	12:30pm
Session 5	Tuesday, Mar. 26	1:00pm	4:30pm
Session 6	Wednesday, Mar. 27	9:00am	12:30pm
Session 7	Wednesday, Mar. 27	1:00pm	4:30pm
Session 8	Thursday, Mar. 28	9:00am	12:30pm
Session 9	Thursday, Mar. 28	1:00pm	4:30pm
Session 10	Friday, Mar. 29	9:00am	1:00pm
LGT 4: Course 339077 Apr/May - 2013			
Pre-course	Wednesday, Apr. 17	7:30pm	9:00pm
Session 1	Sunday, Apr. 21	1:30pm	4:30pm
Session 2	Sunday, Apr. 21	5:30pm	9:00pm
Session 3	Wednesday, Apr. 24	6:30pm	10:00pm
Session 4	Sunday, Apr. 28	1:30pm	4:30pm
Session 5	Sunday, Apr. 28	5:30pm	9:00pm
Session 6	Wednesday, May 1	6:30pm	10:00pm
Session 7	Sunday, May 5	1:30pm	4:30pm
Session 8	Sunday, May 5	5:30pm	9:00pm
Session 9	Wednesday, May 8	6:30pm	10:00pm
Session 10	Sunday, May 12	1:30pm	5:00pm
LGT 5: Course 339078 June - 2013			
Pre-course	Saturday, June 15	4:00pm	5:30pm
Session 1	Sunday, June 16	9:00am	12:30pm
Session 2	Monday, June 17	9:00am	12:30pm
Session 3	Monday, June 17	1:00pm	4:00pm
Session 4	Tuesday, June 18	9:00am	12:30pm
Session 5	Tuesday, June 18	1:00pm	4:00pm
Session 6	Wednesday, June 19	9:00am	12:30pm
Session 7	Wednesday, June 19	1:00pm	4:00pm
Session 8	Thursday, June 20	9:00am	12:30pm
Session 9	Thursday, June 20	1:00pm	4:00pm
Session 10	Friday, June 21	9:00am	12:30pm

POOL OPERATOR COURSE

\$130

This course will prepare the student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age. The student must attend all classes. Classes are held at MCR Building, 4010 Randolph Rd. in the theater. Note: The student must apply to the Department of Health and Human Services for the County Pool Operators License. For further information call 240-777-6860.

MCR - Office (Theatre)

Session	Date	Begins	Ends
Course 339093 March - 2013			
Session 1	Saturday, Mar. 2	10:00am	4:00pm
Session 2	Sunday, Mar. 3	10:00am	4:00pm
Course 339094 April - 2013			
Session 1	Monday, Apr. 1	5:00pm	9:00pm
Session 2	Tuesday, Apr. 2	5:00pm	9:00pm
Session 3	Wednesday, Apr. 3	5:00pm	9:00pm
Course 339095 May - 2013			
Session 1	Saturday, May 11	10:00am	4:00pm
Session 2	Sunday, May 12	10:00am	4:00pm
Course 339097 June - 2013			
Session 1	Tuesday, Jun. 18	5:00pm	9:00pm
Session 2	Wednesday, Jun. 19	5:00pm	9:00pm
Session 3	Thursday, Jun. 20	5:00pm	9:00pm
Course 339098 July - 2013			
Session 1	Monday, July 8	10:00am	4:00pm
Session 2	Tuesday, July 9	10:00am	4:00pm

POOL OPERATOR REVIEW COURSE

\$80

MCR - Office (Theatre)

Session	Date	Begins	Ends
Course 339096 March - 2013			
Session 1	Saturday, Mar. 2	10:00am	2:00pm
Course 339099 May - 2013			
Session 1	Saturday, May 11	10:00am	2:00pm
Course 339100 July - 2013			
Session 1	Monday, Jul. 8	10:00am	2:00pm
Course 342495 April - 2013			
Session 1	Monday, April 1	5:00pm	9:00pm
Course 342496 June - 2013			
Session 1	Tuesday, June 18	5:00pm	9:00pm



Bethesda Outdoor Pool

ADAPTED AQUATICS

MCR-Aquatics is now offering instructor-led learn-to-swim and water exercise programs for those with special needs. These courses will be offered in the Fall, Winter and Spring.

Parent/Caregiver Information:

Montgomery County Aquatics is pleased you are considering our Adapted Aquatics Program. Our classes are geared for swimmers that need 1 on 1 support in the water for their physical assistance, behavioral, sensory, cognitive, expressive or receptive language needs. Classes encourage independence in the water, socializing and specific swimming or exercise skills and routines. To ensure success in these programs, we do need families/caregivers to commit their assistance. It is important you arrive and report to your instructor on time and ready to enter the water. On the first day of class, please check in at the front desk and complete the information sheet on the participant. Then head through the locker rooms. There is generally only one Special Needs changing room, so be prepared to wait. Report on deck and find the gathering location for the Adapted Aquatics.

Lessons - Volunteer Assisted

This is a learn-to-swim program for the children ages 4 to 15 who have special needs. These classes are taught in a small group environment. Each child will have an assigned volunteer with them at all times. All participants must fill out and sign the information and release form at the first class. Students will not be able to participate until this form is on file. Students are allowed to be registered for ONLY one (1) class per session. Class size is limited to 8 students.

350604	Kennedy Shriver Aq Ctr	2/23	Sa	9:45am-10:25am
350605	Kennedy Shriver Aq Ctr	2/23	Sa	10:35am-11:15am
350606	Kennedy Shriver Aq Ctr	4/13	Sa	9:45am-10:25am
350607	Kennedy Shriver Aq Ctr	4/13	Sa	10:35am-11:15am

Lessons - Level 1 • Ages 14 & Up

PARENT/CAREGIVER MUST ENTER WATER AND PARTICIPATE IN THE CLASS.

This is a learn-to swim program for individuals with physical and/or developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student.

352922	Kennedy Shriver Aq Ctr	2/25	M	10:45am-11:15am
352923	Kennedy Shriver Aq Ctr	3/1	F	10:45am-11:15am
353074	Kennedy Shriver Aq Ctr	4/15	M	10:45am-11:15am
353075	Kennedy Shriver Aq Ctr	4/19	F	10:45am-11:15am

Lessons - Level 1 • Ages 7-13

PARENT/CAREGIVER MUST ENTER WATER AND PARTICIPATE IN THE CLASS.

This is a learn-to swim program for individuals with physical and/or developmental disabilities. This success-oriented program targets individuals who do not currently meet the prerequisites for participating in an inclusive environment. The program is designed to develop basic swim skills in a structured setting under the guidance of an instructor with the support of a family member or caregiver in the water with the student.

353077	MLK Swim Center	2/18	M	4:00pm-4:30pm
352927	Olney Swim Center	2/25	M	5:40pm-6:10pm
353023	Germantown ISC	2/26	Tu	4:15pm-4:45pm
353073	Olney Swim Center	4/15	M	5:40pm-6:10pm
353078	MLK Swim Center	4/15	M	4:00pm-4:30pm
353076	Germantown ISC	4/16	Tu	4:15pm-4:45pm

Water Exercise Adaptive • Ages 14 & Up

This is an exercise program for individuals with physical and/or developmental disabilities. If you need to get into shape, then this slow paced class, done in shallow water is for you. This course will allow the participant the opportunity to enjoy exercise in the water. Workout includes using balls and noodles to encourage movement and exercise. Emphasis is on fun and improving your cardiovascular conditioning. Participants MUST be accompanied in the water by a caregiver and in arms reach at all times.

353088	MLK Swim Center	3/18	M	11:00am-11:50am
353079	Kennedy Shriver Aq Ctr	3/19	Tu	1:00pm-1:50pm
353087	Germantown ISC	3/20	W	11:30am-12:20pm
353086	Kennedy Shriver Aq Ctr	3/21	Th	1:00pm-1:50pm
353096	MLK Swim Center	3/24	Su	4:00pm-4:50pm



Swim Lessons


Swim Lesson
Registration will begin
February 13th
at 6:30am
for Residents

February 14th at 6:30am
for Non-Residents
No registrations will be processed
before this time.

Indoor courses meet for six 30-minute sessions. Fees range from \$50 to \$60 depending on the level and the number of participants. Non-County residents are charged an additional \$15 fee.

Please read the course descriptions carefully. Select the course level for which the student has mastered all the prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate the student's needs.

WAYS TO REGISTER FOR SWIM LESSONS

 **RECWEB** Online registration at recweb.montgomerycountymd.gov. Internet users must pay their account in full. Online registration is recommended. Please create your account by February 1.

 **WALK IN AT AQUATIC FACILITIES** Registrations can be processed at any of our pools.

No Classes March 25-March 31, 2013

Please note the following:

Parents...in order to assist us in offering a quality program for your child, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that children are easily distracted.

Observation is allowed from designated areas ONLY. At Some facilities, clear observation may not be possible. Observation at the MLK pool is not possible.

The fee covers only the lessons and no other use of the facility.

Participants may enter the locker rooms only 10 minutes before the start of class.

Lesson questions should be directed to the facility where you wish to enroll.

Withdrawal policies will be STRICTLY followed and applies to class transfers.

At each level of swim instruction, various skills will be taught. For a detailed list of specific skills, please inquire at the pool where you will be taking lessons. You may also view our skill cards at montgomerycountymd.gov/rec

PLEASE CHECK EACH POOL'S LISTINGS FOR LESSON SCHEDULE CHANGES, DUE TO FACILITY CONFLICTS. LESSONS WILL BE HELD ON ALL OTHER DAYS THE FACILITY IS OPEN.

PLEASE REGISTER ACCORDINGLY. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.

Screening is available to evaluate the student's abilities at each pool. Call the pool of your choice and speak to the Lesson Supervisor for evaluation times (bring a suit and towel).

Guidelines for Placement in Swim Classes

Parent-Assisted Lessons

(Ages 6 mo – 18 mo)

Aquatots (Ages 18 mo – 3yr)

Pre-School (Ages 3yr – 5yr)

Class Requirements:

On the first day of class, students must be able to:
Have one adult participant per child and wear swim diapers and tight-fitting waterproof pants under the suit if not potty-trained

Class Objectives:

Parent-assisted water orientation classes. Children will learn basic water adjustment skills and begin to master simple swimming skills (submerging, floating, kicking and arm stroking). Parents will gain the knowledge and skills to work comfortably with their child in the water.

Level 1

Pre-Beginner (Ages 4 - 6)

Youth (Ages 7 – 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Function well in a group setting without parents since parents DO NOT accompany children.

Class Objectives:

Students who need to learn water adjustment skills. Students will be introduced to water entry, front and back floating, kicking, bobbing, blowing bubbles and arm strokes.

Level 2

Pre-Beginner (Ages 4 - 6)

Youth (Ages 7 – 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Enter water, front and back float, kick, blow bubbles and arm strokes. Parents DO NOT accompany children.

Class Objectives:

Students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Students will be introduced to basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing.

Level 3

Pre-Beginner (Ages 4 - 6)

Youth (Ages 7 – 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Use basic swimming skills: front and back glides, kicking, arm strokes on front and back, and rhythmic breathing. Parents DO NOT accompany children.

Class Objectives:

Students who can already swim a combined stroke on the front and back, using a kick and arm stroke for a minimum of 5 yards. Students will be introduced to back crawl, elementary backstroke kick, treading water and rhythmic breathing. Students will also work on improving front crawl.

Level 4

Pre-Beginner (Ages 4 - 6)

Youth (Ages 7 – 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Back crawl, elementary backstroke kick, treading water and rhythmic breathing and a proficient front crawl.

Class Objectives:

Students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Students will be introduced to elementary backstroke and breaststroke. Students will also work on perfecting front crawl, back crawl and treading water.

Level 5

Youth (Ages 7 – 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Elementary backstroke and breaststroke and highly proficient front crawl.

Class Objectives:

Students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Students will be introduced to sidestroke and fine tune breaststroke. Students will also work on refining all previous strokes.

Level 6

Youth (Ages 7 – 13)

Adult (Ages 14+)

Class Requirements:

On the first day of class, students must be able to:
Have achieved a proficient level in all previous strokes (front crawl, back crawl, breaststroke)

Class Objectives:

Students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Students will be introduced to turns, dolphin kick and surface dives. Students will also work on sidestroke, refining all other strokes and endurance.



WATERBABIES

Designed for children 6 to 18 months. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate waterproof pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

Germantown Indoor Swim Center

353189	3/2	Sa	10:25am -10:55am
353190	3/3	Su	9:45am -10:15am
353191	4/27	Sa	10:25am -10:55am
353192	4/28	Su	9:45am -10:15am

Kennedy Shriver Aquatic Center

350771	2/18	M	9:00am - 9:30am
350772	2/21	Th	9:00am - 9:30am
350768	2/23	Sa	11:40am -12:10pm
350773	2/23	Sa	10:20am -10:50am
350769	2/24	Su	9:40am -10:10am
350770	2/24	Su	11:40am -12:10pm
350777	4/8	M	9:00am - 9:30am
350779	4/11	Th	9:00am - 9:30am
350781	4/12	F	10:30am -11:00am
350774	4/13	Sa	11:40am -12:10pm
350775	4/14	Su	9:40am -10:10am
350776	4/14	Su	11:40am -12:10pm

Martin Luther King Swim Center

349075	2/16	Sa	10:15am -10:45am
349077	2/19	Tu	4:30pm - 5:00pm
349076	2/21	Th	10:10am -10:40am
349078	2/21	Th	5:50pm - 6:20pm
349079	4/13	Sa	10:15am -10:45am
349084	4/14	Su	9:15am - 9:45am
349080	4/15	M	5:10pm - 5:40pm
349081	4/16	Tu	5:50pm - 6:20pm
349082	4/18	Th	10:10am -10:40am
349083	4/18	Th	4:30pm - 5:00pm

Olney Swim Center

348822	2/23	Sa	10:50am -11:20am
348823	2/24	Su	10:50am -11:20am
348827	4/16	Tu	10:15am -10:45am
348825	4/20	Sa	10:50am -11:20am
348826	4/21	Su	10:50am -11:20am

AQUATOTS

Designed for children 18 months - 3 years of age. Basic water adjustment skills are taught. Infants/children who are not toilet trained **MUST** wear separate rubber/vinyl pants. An adult in a swimsuit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions

\$50

Germantown Indoor Swim Center

353109	2/27	W	6:10pm - 6:40pm
353105	3/2	Sa	11:45am -12:15pm
353106	3/2	Sa	12:25pm -12:55pm
353107	3/3	Su	11:05am -11:35am
353108	3/3	Su	12:25pm -12:55pm
353114	4/17	W	6:10pm - 6:40pm
353110	4/27	Sa	11:45am -12:15pm
353111	4/27	Sa	12:25pm -12:55pm
353112	4/28	Su	11:05am -11:35am
353113	4/28	Su	12:25pm -12:55pm

Kennedy Shriver Aquatic Center

350741	2/18	M	10:00am -10:30am
350742	2/19	Tu	9:00am - 9:30am
350743	2/19	Tu	10:00am -10:30am
350744	2/20	W	9:00am - 9:30am
350745	2/20	W	6:10pm - 6:40pm
350746	2/21	Th	10:00am -10:30am
350747	2/21	Th	5:30pm - 6:00pm
350748	2/22	F	9:00am - 9:30am
350737	2/23	Sa	9:00am - 9:30am
350738	2/23	Sa	12:20pm -12:50pm
350739	2/24	Su	9:00am - 9:30am
350740	2/24	Su	11:00am -11:30am
350752	4/8	M	10:00am -10:30am
350753	4/9	Tu	9:00am - 9:30am
350754	4/9	Tu	10:00am -10:30am
350755	4/10	W	9:00am - 9:30am
350756	4/10	W	6:10pm - 6:40pm
350757	4/11	Th	10:00am -10:30am
350758	4/11	Th	5:30pm - 6:00pm
350759	4/12	F	9:00am - 9:30am
350750	4/13	Sa	12:20pm -12:50pm
350751	4/14	Su	11:00am -11:30am
350760	4/14	Su	9:00am - 9:30am
350749	4/20	Sa	9:00am - 9:30am

Do We Have Your E-Mail?



In an effort to reduce waste, MCR will no longer be mailing flyers or receipts. We will be happy to send you the most up-to-date information via e-mail.

Please stop by the front desk at one of our indoor pools and provide an e-mail address for you and/or your family account. You can also visit our website at montgomerycountymd.gov/rec for more information.



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Montgomery
County
Recreation
on Facebook

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Martin Luther King, Jr. Swim Center

348529	2/16	Sa	1:00pm - 1:30pm
348530	2/17	Su	10:00am -10:30am
348531	2/17	Su	11:20am -11:50am
348532	2/19	Tu	5:10pm - 5:40pm
348533	2/19	Tu	5:50pm - 6:20pm
348534	2/19	Tu	9:30am -10:00am
348535	2/20	W	4:30pm - 5:00pm
348536	2/21	Th	5:10pm - 5:40pm
348537	2/21	Th	6:30pm - 7:00pm
348545	4/13	Sa	1:00pm - 1:30pm
348546	4/13	Sa	9:30am -10:00am
348538	4/14	Su	10:00am -10:30am
348539	4/14	Su	11:20am -11:50am
348540	4/15	M	6:30pm - 7:00pm
348541	4/17	W	4:30pm - 5:00pm
348542	4/17	W	5:50pm - 6:20pm
348543	4/18	Th	9:30am -10:00am
348544	4/18	Th	5:10pm - 5:40pm

Olney Swim Center

348647	2/23	Sa	10:10am -10:40am
348648	2/23	Sa	11:30am -12:00pm
348649	2/24	Su	11:30am -12:00pm
348651	2/26	Tu	5:55pm - 6:25pm
348653	2/28	Th	6:30pm - 7:00pm
348654	3/4	M	6:20pm - 6:50pm
348664	3/6	W	6:20pm - 6:50pm
348658	4/16	Tu	9:40am -10:10am
348659	4/16	Tu	5:55pm - 6:25pm
348663	4/18	Th	10:15am -10:45am
348655	4/20	Sa	10:10am -10:40am
348660	4/20	Sa	9:00am - 9:30am
348656	4/21	Su	10:10am -10:40am
348657	4/21	Su	11:30am -12:00pm
348662	4/21	Su	9:00am - 9:30am

PRE-SCHOOL

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. Infants/children who are not toilet trained **MUST** wear separate waterproof pants. An adult in a swim suit must accompany **EACH** student in the water. Class size is limited to 10 parent/child registrations.

6 Sessions \$50

Germantown Indoor Swim Center

353183	2/27	W	5:30pm - 6:00pm
353179	3/2	Sa	11:05am -11:35am
353180	3/2	Sa	1:05pm - 1:35pm
353181	3/3	Su	10:25am -10:55am
353182	3/3	Su	11:45am -12:15pm
353188	4/17	W	5:30pm - 6:00pm
353184	4/27	Sa	11:05am -11:35am
353185	4/27	Sa	1:05pm - 1:35pm
353186	4/28	Su	10:25am -10:55am
353187	4/28	Su	11:45am -12:15pm

Kennedy Shriver Aquatic Center

350793	2/19	Tu	3:30pm - 4:00pm
350795	2/21	Th	9:30am -10:00am
350789	2/23	Sa	11:00am -11:30am
350790	2/23	Sa	1:00pm - 1:30pm
350791	2/24	Su	10:20am -10:50am
350792	2/24	Su	1:00pm - 1:30pm
350794	2/26	Tu	6:10pm - 6:40pm
350800	4/9	Tu	3:30pm - 4:00pm
350802	4/9	Tu	6:10pm - 6:40pm
350804	4/11	Th	9:30am -10:00am
350805	4/11	Th	10:30am -11:00am
350797	4/13	Sa	1:00pm - 1:30pm
350798	4/14	Su	10:20am -10:50am
350799	4/14	Su	1:00pm - 1:30pm

Martin Luther King, Jr. Swim Center

348965	2/16	Sa	11:40am -12:10pm
348966	2/17	Su	12:00pm -12:30pm
348967	2/18	M	5:10pm - 5:40pm
348968	2/18	M	5:50pm - 6:20pm
348969	2/19	Tu	6:30pm - 7:00pm
348970	2/20	W	5:50pm - 6:20pm
348971	2/21	Th	9:30am -10:00am
348980	4/13	Sa	11:00am -11:30am
348981	4/13	Sa	11:40am -12:10pm
348973	4/14	Su	10:40am -11:10am
348974	4/14	Su	12:00pm -12:30pm
348975	4/15	M	5:50pm - 6:20pm
348972	4/16	Tu	9:30am -10:00am
348976	4/16	Tu	5:10pm - 5:40pm
348977	4/16	Tu	6:30pm - 7:00pm
348978	4/17	W	5:10pm - 5:40pm
348979	4/18	Th	5:50pm - 6:20pm

Olney Swim Center

348807	2/23	Sa	9:30am -10:00am
348808	2/23	Sa	12:50pm - 1:20pm
348809	2/24	Su	9:30am -10:00am
348810	2/24	Su	10:10am -10:40am
348811	2/26	Tu	6:30pm - 7:00pm
348812	2/28	Th	5:55pm - 6:25pm
348816	4/16	Tu	6:30pm - 7:00pm
348817	4/18	Th	9:40am -10:10am
348818	4/18	Th	5:55pm - 6:25pm
348813	4/20	Sa	9:30am -10:00am
348814	4/20	Sa	12:10pm -12:40pm
348815	4/21	Su	9:30am -10:00am
348820	4/21	Su	9:00am - 9:30am
348819	4/22	M	6:20pm - 6:50pm
348821	4/24	W	6:20pm - 6:50pm

FIND US FAST ON
YOUR SMARTPHONE





PRE-BEGINNER LEVEL 1

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills. Class size is limited to 5 students.

6 Sessions \$59

Germantown Indoor Swim Center

350108	2/27	W	5:30pm - 6:00pm
350109	2/27	W	6:10pm - 6:40pm
350097	3/2	Sa	9:45am - 10:15am
350098	3/2	Sa	10:25am - 10:55am
350099	3/2	Sa	11:05am - 11:35am
350100	3/2	Sa	1:05pm - 1:35pm
353373	3/3	Su	9:45am - 10:15am
350102	3/3	Su	10:25am - 10:55am
350103	3/3	Su	11:05am - 11:35am
350104	3/3	Su	11:45am - 12:15pm
350105	3/3	Su	12:25pm - 12:55pm
350106	3/3	Su	12:25pm - 12:55pm
350107	3/4	M	5:30pm - 6:00pm
350110	3/12	Tu, Th	5:00pm - 5:20pm
350111	3/12	Tu, Th	5:00pm - 5:30pm
350112	3/12	Tu, Th	5:00pm - 5:30pm
350113	4/9	Tu, Th	6:20pm - 6:50pm
350114	4/9	Tu, Th	6:20pm - 6:50pm
350115	4/9	Tu, Th	5:40pm - 6:10pm
350128	4/15	M	5:30pm - 6:00pm
350129	4/17	W	5:30pm - 6:00pm
350130	4/17	W	6:10pm - 6:40pm
350116	4/27	Sa	9:45am - 10:15am
350117	4/27	Sa	10:25am - 10:55am
350118	4/27	Sa	11:05am - 11:35am
350119	4/27	Sa	11:45am - 12:15pm
350120	4/27	Sa	1:05pm - 1:35pm
350121	4/28	Su	10:25am - 10:55am
350122	4/28	Su	11:05am - 11:35am
350123	4/28	Su	11:45am - 12:15pm
350124	4/28	Su	12:25pm - 12:55pm
350125	4/30	Tu, Th	5:00pm - 5:30pm
350126	4/30	Tu, Th	5:00pm - 5:30pm
350127	4/30	Tu, Th	5:40pm - 6:10pm

Kennedy Shriver Aquatic Center

350813	2/18	M	9:30am - 10:00am
350814	2/18	M	6:10pm - 6:40pm
350815	2/19	Tu	6:10pm - 6:40pm
350816	2/19	Tu	4:50pm - 5:20pm
350818	2/20	W	9:30am - 10:00am
350817	2/21	Th	3:30pm - 4:00pm
350819	2/21	Th	5:30pm - 6:00pm
350841	2/22	F	10:00am - 10:30am
350801	2/23	Sa	9:00am - 9:30am
350803	2/23	Sa	9:40am - 10:10am
350806	2/23	Sa	10:20am - 10:50am
350808	2/23	Sa	1:00pm - 1:30pm
350820	2/23	Sa	9:00am - 9:30am
350809	2/24	Su	9:00am - 9:30am
350810	2/24	Su	10:20am - 10:50am
350811	2/24	Su	12:20pm - 12:50pm
350812	2/24	Su	1:00pm - 1:30pm
350829	4/8	M	9:30am - 10:00am
350830	4/8	M	6:10pm - 6:40pm
350832	4/9	Tu	6:10pm - 6:40pm
350833	4/9	Tu	4:50pm - 5:20pm
350835	4/10	W	9:30am - 10:00am
350840	4/10	W	5:30pm - 6:00pm
350831	4/11	Th	10:30am - 11:00am
350834	4/11	Th	3:30pm - 4:00pm
350836	4/11	Th	5:30pm - 6:00pm
350837	4/12	F	10:00am - 10:30am
350821	4/13	Sa	9:00am - 9:30am
350822	4/13	Sa	9:40am - 10:10am
350823	4/13	Sa	10:20am - 10:50am
350824	4/13	Sa	1:00pm - 1:30pm
352257	4/13	Sa	9:00am - 9:30am
350825	4/14	Su	9:00am - 9:30am
350826	4/14	Su	10:20am - 10:50am
350827	4/14	Su	12:20pm - 12:50pm
350828	4/14	Su	1:00pm - 1:30pm



Bethesda Outdoor Pool

Martin Luther King, Jr. Swim Center

348547	2/16	Sa	11:00am -11:30am
348548	2/16	Sa	12:20pm -12:50pm
348559	2/16	Sa	1:00pm - 1:30pm
348549	2/17	Su	10:40am -11:10am
348550	2/17	Su	12:00pm -12:30pm
348558	2/17	Su	10:00am -10:30am
348552	2/18	M	5:50pm - 6:20pm
348553	2/18	M	4:30pm - 5:00pm
348551	2/19	Tu	10:10am -10:40am
348554	2/19	Tu	4:30pm - 5:00pm
348555	2/20	W	5:10pm - 5:40pm
348556	2/21	Th	4:30pm - 5:00pm
348557	2/21	Th	5:10pm - 5:40pm
348572	4/13	Sa	11:40am -12:10pm
348573	4/13	Sa	12:20pm -12:50pm
348574	4/13	Sa	10:15am -10:45am
348575	4/13	Sa	1:00pm - 1:30pm
348576	4/13	Sa	9:30am -10:00am
348560	4/14	Su	11:20am -11:50am
348561	4/14	Su	12:00pm -12:30pm
348564	4/14	Su	10:00am -10:30am
348567	4/14	Su	10:40am -11:10am
348562	4/15	M	4:30pm - 5:00pm
348563	4/15	M	5:50pm - 6:20pm
348565	4/16	Tu	4:30pm - 5:00pm
348566	4/16	Tu	6:30pm - 7:00pm
348568	4/17	W	5:10pm - 5:40pm
348569	4/17	W	5:50pm - 6:20pm
348570	4/17	W	6:30pm - 7:00pm
348571	4/18	Th	4:30pm - 5:00pm

Olney Swim Center

348682	2/23	Sa	9:30am -10:00am
348683	2/23	Sa	10:10am -10:40am
348684	2/23	Sa	10:50am -11:20am
348685	2/23	Sa	11:30am -12:00pm
348686	2/23	Sa	11:30am -12:00pm
348687	2/23	Sa	12:10pm -12:40pm
348688	2/23	Sa	12:10pm -12:50pm
348689	2/23	Sa	12:50pm - 1:20pm
348690	2/24	Su	9:30am -10:00am
348691	2/24	Su	9:30am -10:00am
348692	2/24	Su	10:10am -10:50am
348693	2/24	Su	10:50am -11:20am
348694	2/24	Su	10:50am -11:20am
348695	2/24	Su	11:30am -12:00pm
348696	2/24	Su	11:30am -12:00pm
348697	2/26	Tu	5:55pm - 6:25pm
348698	2/26	Tu	6:30pm - 7:00pm
348729	2/26	Tu	5:55pm - 6:25pm
348730	2/26	Tu	6:30pm - 7:00pm
348733	2/26	Tu	5:15pm - 5:45pm
348699	2/28	Th	5:55pm - 6:25pm
348700	2/28	Th	6:30pm - 7:00pm
348731	2/28	Th	5:55pm - 6:25pm
348732	2/28	Th	6:30pm - 7:00pm
348701	3/4	M	6:20pm - 6:50pm
348703	3/4	M	7:00pm - 7:30pm
348702	3/6	W	6:20pm - 6:50pm
348735	3/6	W	6:20pm - 6:50pm
348736	3/6	W	7:00pm - 7:30pm
348719	4/16	Tu	5:55pm - 6:25pm
348720	4/16	Tu	5:55pm - 6:25pm
348721	4/16	Tu	6:30pm - 7:00pm
348722	4/18	Th	5:55pm - 6:25pm
348723	4/18	Th	5:55pm - 6:25pm
348724	4/18	Th	6:30pm - 7:00pm
348725	4/18	Th	6:30pm - 7:00pm
348734	4/18	Th	5:15pm - 5:45pm
348704	4/20	Sa	9:30am -10:00am
348705	4/20	Sa	10:10am -10:40am
348706	4/20	Sa	10:50am -11:20am
348707	4/20	Sa	10:50am -11:20am
348708	4/20	Sa	11:30am -12:00pm
348709	4/20	Sa	12:10pm -12:40pm
348710	4/20	Sa	12:50pm - 1:20pm
348711	4/20	Sa	12:50pm - 1:20pm
348712	4/21	Su	9:30am -10:00am
348713	4/21	Su	10:10am -10:40am
348714	4/21	Su	10:10am -10:40am
348715	4/21	Su	10:50am -11:20am
348716	4/21	Su	10:50am -11:20am
348717	4/21	Su	11:30am -12:00pm
348718	4/21	Su	11:30am -12:00pm
348726	4/22	M	6:20pm - 6:50pm
348727	4/24	W	6:20pm - 6:50pm
348728	4/24	W	7:00pm - 7:30pm

*The instructors
were incredibly
patient and
understanding
while helping
my son overcome
his fears...*

-Christy P.



PRE-BEGINNER LEVEL 2

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 6 students.

6 Sessions

\$57

Germantown Indoor Swim Center

353125	2/27	W	5:30pm - 6:00pm
353126	2/27	W	6:10pm - 6:40pm
353115	3/2	Sa	9:45am -10:15am
353116	3/2	Sa	10:25am -10:55am
353117	3/2	Sa	11:05am -11:35am
353118	3/2	Sa	11:45am -12:15pm
353119	3/2	Sa	1:05pm - 1:35pm
353120	3/3	Su	9:45am -10:15am
353121	3/3	Su	10:25am -10:55am
353122	3/3	Su	11:45am -12:15pm
353123	3/3	Su	12:25pm -12:55pm
353124	3/4	M	6:10pm - 6:40pm
353127	3/12	Tu, Th	6:20pm - 6:50pm
353128	3/12	Tu, Th	6:20pm - 6:50pm
353129	3/12	Tu, Th	5:40pm - 6:10pm
353130	4/9	Tu, Th	5:00pm - 5:30pm
353131	4/9	Tu, Th	5:00pm - 5:30pm
353132	4/9	Tu, Th	5:00pm - 5:30pm
353143	4/15	M	6:10pm - 6:40pm
353144	4/17	W	5:30pm - 6:00pm
353145	4/17	W	6:10pm - 6:40pm
353133	4/27	Sa	9:45am -10:15am
353134	4/27	Sa	10:25am -10:55am
353135	4/27	Sa	11:05am -11:35am
353136	4/27	Sa	11:45am -12:15pm
353137	4/27	Sa	1:05pm - 1:35pm
353138	4/28	Su	9:45am -10:15am
353139	4/28	Su	10:25am -10:55am
353140	4/28	Su	11:05am -11:35am
353141	4/28	Su	11:45am -12:15pm
353142	4/28	Su	12:25pm -12:55pm
353146	4/30	Tu, Th	6:20pm - 6:50pm
353147	4/30	Tu, Th	6:20pm - 6:50pm
353148	4/30	Tu, Th	6:20pm - 6:50pm

Kennedy Shriver Aquatic Center

350866	2/18	M	5:30pm - 6:00pm
350868	2/19	Tu	9:30am -10:00am
350870	2/19	Tu	5:30pm - 6:00pm
350872	2/20	W	5:30pm - 6:00pm
350878	2/21	Th	4:10pm - 4:40pm
350876	2/22	F	9:30am -10:00am
350852	2/23	Sa	9:00am - 9:30am
350853	2/23	Sa	9:40am -10:10am
350854	2/23	Sa	11:40am -12:10pm
350856	2/23	Sa	12:20pm -12:50pm
350858	2/24	Su	9:00am - 9:30am
350860	2/24	Su	9:40am -10:10am
350862	2/24	Su	11:40am -12:10pm
350864	2/24	Su	12:20pm -12:50pm
350896	4/8	M	5:30pm - 6:00pm
350900	4/9	Tu	5:30pm - 6:00pm
350902	4/10	W	5:30pm - 6:00pm
350904	4/10	W	6:10pm - 6:40pm
350907	4/11	Th	4:10pm - 4:40pm
350906	4/12	F	9:30am -10:00am
350880	4/13	Sa	9:00am - 9:30am
350882	4/13	Sa	9:40am -10:10am
350884	4/13	Sa	11:40am -12:10pm
350886	4/13	Sa	12:20pm -12:50pm
350888	4/14	Su	9:00am - 9:30am
350890	4/14	Su	9:40am -10:10am
350892	4/14	Su	11:40am -12:10pm
350894	4/14	Su	12:20pm -12:50pm



Martin Luther King, Jr. Swim Center

348897	2/16	Sa	11:00am -11:30am
348898	2/16	Sa	11:40am -12:10pm
348899	2/16	Sa	12:20pm -12:50pm
348900	2/17	Su	10:00am -10:30am
348901	2/17	Su	11:20am -11:50am
348902	2/17	Su	10:40am -12:30pm
348903	2/18	M	4:30pm - 5:00pm
348904	2/18	M	5:10pm - 5:40pm
348905	2/19	Tu	5:10pm - 5:40pm
348906	2/19	Tu	5:50pm - 6:20pm
348908	2/20	W	5:50pm - 6:20pm
348907	2/21	Th	4:30pm - 5:00pm
348909	2/21	Th	5:50pm - 6:20pm
348910	2/21	Th	6:30pm - 7:00pm
348921	4/13	Sa	11:00am -11:30am
348922	4/13	Sa	11:40am -12:10pm
348923	4/13	Sa	12:20pm -12:50pm
348911	4/14	Su	10:00am -10:30am
348912	4/14	Su	12:00pm -12:30pm
348913	4/14	Su	9:15am - 9:45am
348915	4/15	M	5:10pm - 5:40pm
348916	4/15	M	6:30pm - 7:00pm
348914	4/16	Tu	10:10am -10:40am
348917	4/16	Tu	4:30pm - 5:00pm
348918	4/16	Tu	5:50pm - 6:20pm
348919	4/17	W	4:30pm - 5:00pm
348920	4/17	W	6:30pm - 7:00pm

Olney Swim Center

348737	2/23	Sa	9:30am -10:10am
348738	2/23	Sa	10:10am -10:50am
348739	2/23	Sa	10:50am -11:20am
348740	2/23	Sa	11:30am -12:00pm
348741	2/23	Sa	12:50pm - 1:20pm
348742	2/23	Sa	12:50pm - 1:20pm
348743	2/24	Su	9:30am -10:00am
348744	2/24	Su	10:10am -10:40am
348745	2/24	Su	10:50am -11:20am
348746	2/24	Su	11:30am -12:00pm
348747	2/24	Su	11:30am -12:00pm
348748	2/26	Tu	5:55pm - 6:25pm
348749	2/26	Tu	6:30pm - 7:00pm
348750	2/28	Th	5:55pm - 6:25pm
348751	2/28	Th	6:30pm - 7:00pm
348772	2/28	Th	5:15pm - 5:45pm
348752	3/4	M	6:20pm - 6:50pm
348753	3/4	M	6:20pm - 6:50pm
348754	3/4	M	7:00pm - 7:30pm
348776	3/6	W	6:20pm - 6:50pm
348777	3/6	W	7:00pm - 7:30pm
348767	4/16	Tu	5:55pm - 6:25pm
348768	4/16	Tu	6:30pm - 7:00pm
348774	4/16	Tu	5:15pm - 4:45pm
348769	4/18	Th	5:55pm - 6:25pm
348770	4/18	Th	6:30pm - 7:00pm
348755	4/20	Sa	9:30am -10:00am
348756	4/20	Sa	10:10am -10:40am
348757	4/20	Sa	11:30am -12:00pm
348758	4/20	Sa	12:10pm -12:40pm
348759	4/20	Sa	12:50pm - 1:20pm
348760	4/20	Sa	12:50pm - 1:20pm
348761	4/21	Su	9:30am -10:00am
348762	4/21	Su	10:10am -10:40am
348763	4/21	Su	10:10am -10:40am
348764	4/21	Su	10:50am -11:20am
348765	4/21	Su	11:30am -12:00pm
348766	4/21	Su	11:30am -12:00pm
348771	4/22	M	6:20pm - 6:50pm
348773	4/22	M	6:20pm - 6:50pm
348775	4/22	M	7:00pm - 7:30pm
348778	4/22	M	7:30pm - 8:00pm



Bethesda Outdoor Pool

***RecWeb . . .
Easy, Fast, Secure!***
montgomerycountymd.gov/rec



PRE-BEGINNER LEVEL 3

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 6 students.

6 Sessions

\$57

Germantown Indoor Swim Center

353149	3/2	Sa	9:45am -10:15am
353150	3/2	Sa	10:25am -10:55am
353151	3/2	Sa	12:25pm -12:55pm
353152	3/2	Sa	1:05pm - 1:35pm
353153	3/3	Su	10:25am -10:55am
353154	3/3	Su	11:05am -11:35am
353155	3/3	Su	11:45am -12:15pm
353156	3/4	M	5:30pm - 6:00pm
353157	3/12	Tu, Th	5:40pm - 6:10pm
353158	3/12	Tu, Th	5:40pm - 6:10pm
353159	3/12	Tu, Th	6:20pm - 6:50pm
353160	4/9	Tu, Th	5:40pm - 6:10pm
353161	4/9	Tu, Th	5:40pm - 6:10pm
353162	4/9	Tu, Th	6:20pm - 6:50pm
353170	4/15	M	5:30pm - 6:00pm
353163	4/27	Sa	9:45am -10:15am
353164	4/27	Sa	10:25am -10:55am
353165	4/27	Sa	11:45am -12:15pm
353166	4/27	Sa	12:25pm -12:55pm
353167	4/28	Su	11:05am -11:35am
353168	4/28	Su	11:45am -12:15pm
353169	4/28	Su	12:25pm -12:55pm
353171	4/30	Tu, Th	5:40pm - 6:10pm
353172	4/30	Tu, Th	5:40pm - 6:10pm
353173	4/30	Tu, Th	5:00pm - 5:30pm

Kennedy Shriver Aquatic Center

350869	2/18	M	5:30pm - 6:00pm
350871	2/19	Tu	4:10pm - 4:40pm
350873	2/20	W	5:30pm - 6:00pm
350875	2/20	W	6:10pm - 6:40pm
350877	2/21	Th	6:10pm - 6:40pm
350879	2/21	Th	4:50pm - 5:20pm
350855	2/23	Sa	11:00am -11:30am
350857	2/23	Sa	11:40am -12:10pm
350859	2/23	Sa	1:00pm - 1:30pm
350861	2/24	Su	9:40am -10:10am
350863	2/24	Su	10:20am -10:50am
350865	2/24	Su	11:00am -11:30am
350867	2/24	Su	1:00pm - 1:30pm
350895	4/8	M	5:30pm - 6:00pm
350897	4/9	Tu	4:10pm - 4:40pm

350899	4/10	W	5:30pm - 6:00pm
350901	4/10	W	6:10pm - 6:40pm
350903	4/11	Th	6:10pm - 6:40pm
350905	4/11	Th	4:50pm - 5:20pm
350881	4/13	Sa	11:00am -11:30am
350883	4/13	Sa	11:40am -12:10pm
350885	4/13	Sa	1:00pm - 1:30pm
350887	4/14	Su	9:40am -10:10am
350889	4/14	Su	10:20am -10:50am
350891	4/14	Su	11:00am -11:30am
350893	4/14	Su	1:00pm - 1:30pm

Martin Luther King, Jr. Swim Center

348936	2/16	Sa	10:15am -10:45am
348937	2/16	Sa	1:00pm - 1:30pm
348938	2/17	Su	11:20am -11:50am
348939	2/19	Tu	7:10pm - 7:40pm
348940	2/21	Th	7:10pm - 7:40pm
348943	4/13	Sa	10:15am -10:45am
348944	4/13	Sa	12:20pm -12:50pm
348945	4/14	Su	10:40am -11:10am
348948	4/14	Su	12:00pm -12:30pm
348941	4/16	Tu	7:10pm - 7:40pm
348942	4/16	Tu	7:50pm - 8:20pm
348946	4/18	Th	5:50pm - 6:20pm
348947	4/18	Th	7:10pm - 7:40pm

Olney Swim Center

348781	2/23	Sa	9:30am -10:00am
348782	2/23	Sa	10:10am -10:40am
348783	2/23	Sa	11:30am -12:00pm
348784	2/23	Sa	12:10pm -12:40pm
348785	2/24	Su	9:30am -10:00am
348786	2/24	Su	10:10am -10:40am
348787	3/4	M	7:00pm - 7:30pm
348799	3/6	W	7:00pm - 7:30pm
348800	3/6	W	7:30pm - 8:00pm
348788	4/20	Sa	9:30am -10:00am
348789	4/20	Sa	10:10am -10:40am
348790	4/20	Sa	11:30am -12:00pm
348794	4/20	Sa	10:50am -11:20am
348791	4/21	Su	9:30am -10:00am
348792	4/21	Su	10:10am -10:40am
348793	4/21	Su	10:50am -11:20am
348795	4/22	M	7:00pm - 7:30pm
348798	4/22	M	7:30pm - 8:00pm
348796	4/24	W	7:30pm - 8:00pm
348797	4/24	W	7:00pm - 7:30pm



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PRE-BEGINNER LEVEL 4

Designed for children 4-6 years old. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 6 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

350846	2/21	Th	6:10pm - 6:40pm
350842	2/23	Sa	11:00am -11:30am
350843	2/23	Sa	12:20pm -12:50pm
350844	2/24	Su	11:00am -11:30am
350845	2/24	Su	11:40am -12:10pm
350851	4/11	Th	6:10pm - 6:40pm
350848	4/13	Sa	12:20pm -12:50pm
350849	4/14	Su	11:00am -11:30am
350850	4/14	Su	11:40am -12:10pm
350847	4/20	Sa	11:00am -11:30am

Germantown Indoor Swim Center

353174	3/2	Sa	11:45am -12:15pm
353175	3/2	Sa	1:05pm - 1:35pm
353176	3/3	Su	11:05am -11:35am
353177	4/27	Sa	11:05am -11:35am
353178	4/28	Su	11:05am -11:35am

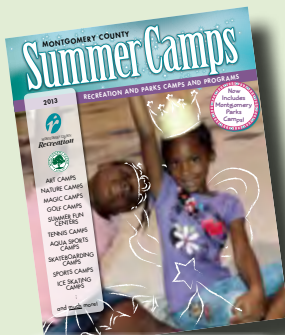
Martin Luther King, Jr. Swim Center

348951	2/17	Su	10:40am -11:10am
348952	2/19	Tu	7:10pm - 7:40pm
348953	2/21	Th	7:10pm - 7:40pm
348956	4/13	Sa	10:15am -10:45am
348955	4/14	Su	11:20am -11:50am
348954	4/18	Th	7:10pm - 7:40pm

Olney Swim Center

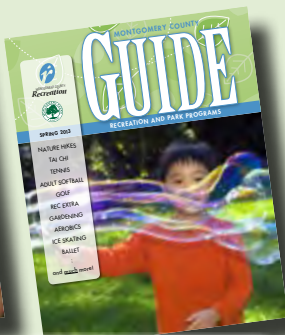
348801	2/23	Sa	12:10pm -12:40pm
348802	2/24	Su	10:50am -11:20am
348803	3/6	W	7:00pm - 7:30pm
348804	4/20	Sa	12:10pm -12:40pm
348805	4/21	Su	9:30am -10:00am
348806	4/22	M	7:00pm - 7:30pm

“When’s the Guide Available?”



Summer Camps 2013

January 10, 2013
Registration begins
January 22, 2013



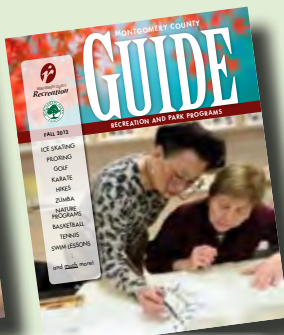
Spring 2013

February 1, 2013
Registration begins
February 11, 2013



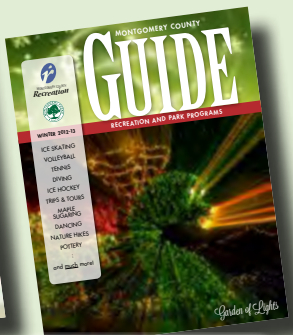
Summer 2013

May 3, 2013
Registration begins
May 13, 2013



Fall 2013

August 2, 2013
Registration begins
August 12, 2013



Winter 2013/2014

November 11, 2013
Registration begins
November 21, 2013

“Where Can
I Get The
Guide?”

Online:

Online: Visit www.MontgomeryCountyMD.gov/rec

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Print copies of the Guide are available while supplies last at:

- Montgomery County Recreation facilities • Montgomery Parks facilities
- Most Montgomery County government buildings • Most Montgomery County libraries



YOUTH LEVEL 1

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who need to learn basic water adjustment skills. Class size is limited to 8 students.

6 Sessions

\$52

Germantown Indoor Swim Center

353193	3/2	Sa	10:25am - 10:55am
353194	3/2	Sa	12:25pm - 12:55pm
353195	3/3	Su	10:25am - 10:55am
353196	3/3	Su	11:05am - 11:35am
353197	3/4	M	6:10pm - 6:40pm
353201	4/15	M	6:10pm - 6:40pm
353198	4/27	Sa	10:25am - 10:55am
353199	4/27	Sa	1:05pm - 1:35pm
353200	4/28	Su	10:25am - 10:55am

Kennedy Shriver Aquatic Center

350763	2/18	M	6:10pm - 6:40pm
350761	2/23	Sa	1:00pm - 1:30pm
350762	2/24	Su	9:40am - 10:10am
350766	4/8	M	6:10pm - 6:40pm
350764	4/13	Sa	1:00pm - 1:30pm
350765	4/14	Su	9:40am - 10:10am

Martin Luther King, Jr. Swim Center

349099	2/16	Sa	11:40am - 12:10pm
349103	2/16	Sa	12:20pm - 12:50pm
349100	2/17	Su	10:40am - 11:10am
349101	2/19	Tu	6:30pm - 7:00pm
349102	2/20	W	5:10pm - 5:40pm
349108	4/13	Sa	11:00am - 11:30am
349109	4/14	Su	10:40am - 11:10am
349104	4/15	M	4:30pm - 5:00pm
349105	4/16	Tu	5:10pm - 5:40pm
349106	4/18	Th	5:10pm - 5:40pm
349107	4/18	Th	6:30pm - 7:00pm

Olney Swim Center

348828	2/23	Sa	9:30am - 10:00am
348829	2/24	Su	10:10am - 10:40am
348836	2/26	Tu	5:15pm - 5:45pm
348830	3/4	M	7:30pm - 8:00pm
348832	4/16	Tu	6:30pm - 7:00pm
348837	4/18	Th	5:15pm - 5:45pm
348831	4/20	Sa	9:30am - 10:00am
348835	4/20	Sa	9:30am - 10:00am
348833	4/24	W	7:30pm - 8:00am
348834	4/24	W	6:20pm - 6:50pm

YOUTH LEVEL 2

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 8 students.

6 Sessions

\$52

Germantown Indoor Swim Center

353206	2/27	W	5:30pm - 6:00pm
353202	3/2	Sa	9:45am - 10:15am
353203	3/2	Sa	11:05am - 11:35am
353204	3/3	Su	9:45am - 10:15am
353205	3/3	Su	11:45am - 12:15pm
353211	4/17	W	5:30pm - 6:00pm
353207	4/27	Sa	12:25pm - 12:55pm
353208	4/27	Sa	1:05pm - 1:35pm
353209	4/28	Su	9:45am - 10:15am
353210	4/28	Su	11:45am - 12:15pm

Kennedy Shriver Aquatic Center

350730	2/19	Tu	5:30pm - 6:00pm
350726	2/23	Sa	10:20am - 10:50am
350727	2/23	Sa	12:20pm - 12:50pm
350728	2/24	Su	11:40am - 12:10pm
350729	2/24	Su	12:20pm - 12:50pm
350735	4/9	Tu	5:30pm - 6:00pm
350731	4/13	Sa	10:20am - 10:50am
350732	4/13	Sa	12:20pm - 12:50pm
350733	4/14	Su	11:40am - 12:10pm
350734	4/14	Su	12:20pm - 12:50pm

Martin Luther King, Jr. Swim Center

349113	2/16	Sa	11:00am - 11:30am
349114	2/16	Sa	1:00pm - 1:30pm
349115	2/17	Su	12:00pm - 12:30pm
349116	2/20	W	4:30pm - 5:00pm
349120	4/13	Sa	11:40am - 12:10pm
349117	4/14	Su	11:20am - 11:50am
349118	4/16	Tu	7:10pm - 7:40pm
349119	4/18	Th	6:30pm - 7:00pm

Olney Swim Center

348838	2/23	Sa	10:50am - 11:20am
348839	2/23	Sa	12:50pm - 1:20pm
348840	2/24	Su	9:30am - 10:00am
348841	2/24	Su	10:10am - 10:40am
348848	2/28	Th	5:15pm - 5:45pm
348842	3/4	M	7:30pm - 8:00pm
348850	3/6	W	7:30pm - 8:00pm
348846	4/18	Th	6:30pm - 7:00pm
348849	4/18	Th	5:15pm - 5:45pm
348843	4/20	Sa	10:10am - 10:40am
348844	4/20	Sa	10:50am - 11:20am
348845	4/21	Su	9:30am - 10:00am
348847	4/22	M	7:30pm - 8:00pm

YOUTH LEVEL 3

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions

\$50

Germantown Indoor Swim Center

353216	2/27	W	6:10pm - 6:40pm
353212	3/2	Sa	12:25pm - 12:55pm
353213	3/2	Sa	1:05pm - 1:35pm
353214	3/3	Su	10:25am - 10:55am
353215	3/3	Su	12:25pm - 12:55pm
353220	4/17	W	6:10pm - 6:40pm
353217	4/27	Sa	9:45am - 10:15am
353218	4/27	Sa	11:05am - 11:35am
353219	4/28	Su	10:25am - 10:55am

Kennedy Shriver Aquatic Center

350714	2/23	Sa	9:40am - 10:10am
350715	2/23	Sa	11:00am - 11:30am
350716	2/23	Sa	11:40am - 12:10pm
350717	2/24	Su	10:20am - 10:50am
350718	2/24	Su	11:00am - 11:30am
350719	4/13	Sa	9:40am - 10:10am
350720	4/13	Sa	11:00am - 11:30am
350721	4/13	Sa	11:40am - 12:10pm
350722	4/14	Su	10:20am - 10:50am
350723	4/14	Su	11:00am - 11:30am

Martin Luther King, Jr. Swim Center

349156	2/16	Sa	10:15am - 10:45am
349157	2/16	Sa	11:40am - 12:10pm
349158	2/17	Su	11:20am - 11:50am
349159	2/21	Th	7:50pm - 8:20pm
349162	4/13	Sa	11:40am - 12:10pm
349163	4/13	Sa	1:00pm - 1:30pm
349160	4/14	Su	11:20am - 11:50am
349164	4/14	Su	10:40am - 11:10am
349161	4/18	Th	7:50pm - 8:20pm

Olney Swim Center

348851	2/23	Sa	10:10am - 10:40am
348852	2/23	Sa	10:50am - 11:20am
348853	2/24	Su	10:10am - 10:40am
348854	2/24	Su	11:30am - 12:00pm
348855	3/6	W	7:30pm - 8:00pm
348856	4/20	Sa	10:10am - 10:40am
348857	4/20	Sa	11:30am - 12:00pm
348862	4/20	Sa	9:00am - 9:30am
348858	4/21	Su	10:10am - 10:40am
348859	4/21	Su	10:50am - 11:20am
348860	4/22	M	7:00pm - 7:30pm
348861	4/24	W	7:30pm - 8:00pm

YOUTH LEVEL 4

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions

\$50

Germantown Indoor Swim Center

353221	3/2	Sa	11:45am - 12:15pm
353222	3/2	Sa	12:25pm - 12:55pm
353223	3/3	Su	12:25pm - 12:55pm
353224	4/27	Sa	12:25pm - 12:55pm
353225	4/27	Sa	1:05pm - 1:35pm
353226	4/28	Su	12:25pm - 12:55pm
353229	4/28	Su	11:05am - 11:35am

Kennedy Shriver Aquatic Center

350706	2/23	Sa	11:40am - 12:10pm
350707	2/24	Su	11:00am - 11:30am
350708	2/24	Su	12:20pm - 12:50pm
350709	2/24	Su	1:00pm - 1:30pm
350710	4/13	Sa	11:40am - 12:10pm
350711	4/14	Su	11:00am - 11:30am
350712	4/14	Su	12:20pm - 12:50pm
350713	4/14	Su	1:00pm - 1:30pm

Martin Luther King, Jr. Swim Center

349168	2/16	Sa	12:20pm - 12:50pm
349169	2/17	Su	10:00am - 10:30am
349171	2/17	Su	12:00pm - 12:30pm
349170	2/19	Tu	7:50pm - 8:20pm
349173	4/13	Sa	12:20pm - 12:50pm
349174	4/13	Sa	10:15am - 10:45am
349172	4/14	Su	10:00am - 10:45am

Olney Swim Center

348863	2/23	Sa	10:50am - 11:20am
348864	2/23	Sa	11:30am - 12:00pm
348865	2/24	Su	10:50am - 11:20am
348866	3/4	M	7:00pm - 7:30pm
348870	3/4	M	7:30pm - 8:00pm
348867	4/20	Sa	11:30am - 12:00pm
348868	4/20	Sa	12:10pm - 12:40pm
348869	4/21	Su	10:50am - 11:20am
348872	4/21	Su	9:00am - 9:30am
348871	4/24	W	7:00pm - 7:30pm

We offer many levels of swim lessons so your child can advance at his or her own rate.



YOUTH LEVEL 5

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

353228	3/2	Sa	11:05am -11:35am
353229	3/2	Sa	11:45am -12:15pm
353230	3/3	Su	11:05am -11:35am
353234	3/3	Su	9:45am -10:15am
353231	4/27	Sa	11:45am -12:15pm
353232	4/27	Sa	12:25pm -12:55pm
353233	4/28	Su	11:05am -11:35am

Kennedy Shriver Aquatic Center

350702	2/23	Sa	1:00pm - 1:30pm
350703	2/24	Su	1:00pm - 1:30pm
350704	4/13	Sa	1:00pm - 1:30pm
350705	4/14	Su	1:00pm - 1:30pm

Martin Luther King, Jr. Swim Center

349175	2/16	Sa	12:20pm -12:50pm
349178	2/16	Sa	11:00am -11:30am
349176	2/17	Su	10:40am -11:10am
349177	2/21	Th	7:50pm - 8:20pm
349180	4/13	Sa	11:00am -11:30am
349181	4/13	Sa	12:20pm -12:50pm
349179	4/16	Tu	7:50pm - 8:20pm

Olney Swim Center

348873	2/23	Sa	12:10pm -12:40pm
348874	2/24	Su	10:50am -11:20am
348880	3/4	M	7:30pm - 8:00pm
348875	3/6	W	7:30pm - 8:00pm
348876	4/20	Sa	12:10pm -12:40pm
348877	4/20	Sa	12:50pm - 1:20pm
348878	4/21	Su	11:30am -12:00pm
348879	4/22	M	7:30pm - 8:00pm

YOUTH LEVEL 6

Designed for children at least 7 years old. These classes are primarily taught in the Main Pool (3½ ft and deeper). This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke. Class size is limited to 10 students.

6 Sessions \$50

Germantown Indoor Swim Center

353235	3/2	Sa	12:25pm -12:55pm
353236	3/3	Su	11:45am -12:15pm
353237	4/27	Sa	12:25pm -12:55pm
353238	4/28	Su	9:45am -10:15am

Kennedy Shriver Aquatic Center

350698	2/23	Sa	12:20pm -12:50pm
350699	2/24	Su	12:20pm -12:50pm
350700	4/13	Sa	12:20pm -12:50pm
350701	4/14	Su	12:20pm -12:50pm

Martin Luther King, Jr. Swim Center

349182	2/16	Sa	1:00pm - 1:30pm
349184	2/17	Su	12:00pm -12:30pm
349183	2/19	Tu	7:50pm - 8:20pm
349186	4/13	Sa	1:00pm - 1:30pm
349185	4/18	Th	7:50pm - 8:20pm

Olney Swim Center

348881	2/23	Sa	12:10pm -12:40pm
348882	2/24	Su	11:30am -12:00pm
348883	4/20	Sa	12:50pm - 1:20pm
348884	4/21	Su	11:30am -12:00pm

ADULT LEVEL 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught. Class size is limited to 6 students.

6 Sessions

\$59

Germantown Indoor Swim Center

353080	3/2	Sa	11:05am - 11:35am
353081	3/3	Su	10:25am - 10:55am
353082	3/4	M	5:30pm - 6:00pm
353084	4/15	M	5:30pm - 6:00pm
353089	4/27	Sa	11:05am - 11:35am
353085	4/28	Su	10:25am - 10:55am

Kennedy Shriver Aquatic Center

350608	2/21	Th	8:30pm - 9:00pm
350609	2/23	Sa	11:00am - 11:30am
350610	2/24	Su	10:20am - 10:50am
350611	4/11	Th	8:30pm - 9:00pm
350612	4/13	Sa	11:00am - 11:30am
350613	4/14	Su	10:20am - 10:50am

Martin Luther King, Jr. Swim Center

348513	2/16	Sa	10:15am - 10:45am
348514	2/17	Su	11:20am - 11:50am
348512	2/19	Tu	8:30pm - 9:00pm
348516	4/13	Sa	9:30am - 10:00am
348517	4/14	Su	9:15am - 9:45am
348515	4/16	Tu	8:30pm - 9:00pm

Olney Swim Center

348665	2/23	Sa	10:50am - 11:20am
348667	4/18	Th	7:10pm - 7:40pm
348666	4/20	Sa	10:50am - 11:20am
348668	4/24	W	7:30pm - 8:00pm

ADULT LEVEL 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front. Class size is limited to 10 students.

6 Sessions

\$57

Germantown Indoor Swim Center

353090	3/2	Sa	10:25am - 10:55am
353091	3/3	Su	9:45am - 10:15am
353092	3/4	M	6:10pm - 6:40pm
353095	4/15	M	6:10pm - 6:40pm
353093	4/27	Sa	10:25am - 10:55am
353094	4/28	Su	9:45am - 10:15am

Kennedy Shriver Aquatic Center

350614	2/23	Sa	10:20am - 10:50am
350615	4/13	Sa	10:20am - 10:50am

Martin Luther King, Jr. Swim Center

348519	2/17	Su	10:00am - 10:30am
348518	2/21	Th	8:30pm - 9:00pm
348522	4/13	Sa	1:00pm - 1:30pm
348521	4/14	Su	10:00am - 10:30am
348520	4/18	Th	8:30pm - 9:00pm

Olney Swim Center

348669	2/23	Sa	11:30am - 12:00pm
348670	2/26	Tu	7:10pm - 7:40pm
348672	4/16	Tu	7:45pm - 8:15pm
348671	4/20	Sa	11:30am - 12:00pm



Sign up and get the most up-to-date information on pools, senior and community centers closings, program cancellations, and/or special events notices.

We can send Recreation Alerts messages to you via email, cell phone, or pager.

Please be aware that text message and data rate charges through your cell phone provider will apply.

SIGN UP NOW for this free service at montgomerycountymd.gov/!



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ADULT LEVEL 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

353097	3/2	Sa	9:45am - 10:15am
353098	3/3	Su	12:25pm - 12:55pm
353099	4/27	Sa	9:45am - 10:15am
353100	4/28	Su	12:25pm - 12:55pm

Kennedy Shriver Aquatic Center

350616	2/23	Sa	9:40am - 10:10am
350617	4/13	Sa	9:40am - 10:10am

Martin Luther King, Jr. Swim Center

348523	2/16	Sa	11:00am - 11:30am
348524	2/19	Tu	8:30pm - 9:00pm
348526	4/13	Sa	11:00am - 11:30am
348525	4/16	Tu	8:30pm - 9:00pm

Olney Swim Center

348673	2/23	Sa	12:10pm - 12:50pm
348674	2/28	Th	7:10pm - 7:40pm
348676	4/16	Tu	7:10pm - 7:40pm
348675	4/20	Sa	12:10pm - 12:40pm

ADULT LEVEL 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

Germantown Indoor Swim Center

353101	3/2	Sa	11:45am - 12:15pm
353102	3/3	Su	11:45am - 12:15pm
353103	4/27	Sa	11:45am - 12:15pm
353104	4/28	Su	11:45am - 12:15pm

Kennedy Shriver Aquatic Center

350619	2/19	Tu	8:30pm - 9:00pm
350618	2/24	Su	11:40am - 12:10pm
350621	4/9	Tu	8:30pm - 9:00pm
350620	4/14	Su	11:40am - 12:10pm

Martin Luther King, Jr. Swim Center

348527	2/21	Th	8:30pm - 9:00pm
348528	4/18	Th	8:30pm - 9:00pm

Olney Swim Center

348677	2/23	Sa	12:50pm - 1:20pm
348678	2/28	Th	7:45pm - 8:15pm
348680	4/18	Th	7:45pm - 8:15pm
348679	4/20	Sa	12:50pm - 1:20pm

ADULT LEVEL 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water. Class size is limited to 10 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

350622	2/20	W	8:30pm - 9:00pm
350623	4/10	W	8:30pm - 9:00pm

Olney Swim Center

348681	2/26	Tu	7:45pm - 8:15pm
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ADULT SWIM FOR CONDITIONING 1

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water. Class size is limited to 10 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

350602	2/18	M	8:30pm - 9:00pm
350603	4/8	M	8:30pm - 9:00pm

ADULT SWIM FOR CONDITIONING 2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Class size limited to 15 students.

6 Sessions \$57

Kennedy Shriver Aquatic Center

350724	2/18	M	8:30pm - 9:00pm
350725	4/8	M	8:30pm - 9:00pm

CLASSES

SPRING BREAK

Coach Doug Club Holiday

Ages 3-13: Ages 3-5 Half Day, Ages 5-13 Full Day. Your Director will provide time to enjoy age appropriate sports, games, arts & crafts plus time to hang out with your friends. Features organized activities as well as special events. Club Holiday fits into everyone's schedule! Participants choose the activities based on their own needs. Sports include soccer, basketball, kickball and others. In addition, we'll have games as well as non-competitive activities designed for everyone's enjoyment. Bring a bag lunch. Price includes all materials. Note: Ages 3-5 will rotate through age appropriate activities and may only register for the half-day session!

Instructor: Coach Doug Academy, Inc

5 Half Day Sessions	\$90	
351713 Potomac CC	3/25	M-F 9:30am -12:30pm
5 Full Day Sessions	\$180	
351714 Potomac CC	3/25	M-F 9:30am - 3:30pm

Coach Doug Club Holiday Extended Day

Ages 3-12: Children registered for Club Holiday, are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreational activities for participants before and after Club Holiday. Half day participants are eligible for AM sessions only.

Instructor: Coach Doug Academy, Inc

5 AM Sessions	\$27	
352076 Potomac CC	3/25	M-F 7:30am - 9:30am
5 PM Sessions	\$32	
352077 Potomac CC	3/25	M-F 3:30pm - 6:00pm

**CLASSES WILL NOT MEET ON
3/25-4/1 • 5/25-5/27**



ARTS & CRAFTS

YOUTH

Abrakadoodle Doodlers

Ages 6-12: Our Doodlers develop new skills and talents while designing unique creations using a variety of wonderful tools and materials. Each lesson introduces new techniques and artistic styles. Contemporary and master artists specializing in paint, sculpture, fabric, design and more are featured. Children develop skills and confidence, while having a blast! A \$40 materials fee is due to instructor at the first class.

6 Sessions	\$84				
Instructor: Abrakadoodle					
352753	Wisconsin Place CC	4/9	Tu	1:00pm - 1:45pm	
352752	White Oak CC	4/10	W	1:00pm - 1:45pm	

Art Studio

Ages 7-12: Students will work with a variety of media and techniques while creating exciting projects. Special attention will be paid to composition, perspective, and color application. During this dynamic class students will gain and reinforce many skills which help them to produce high quality art work. \$5 material fee is due to instructor on first day. Additional supply list will be provided at the first class.

6 Sessions	\$54				
Instructor: Tatiana Martin					
352722	Longwood CC	4/13	Sa	2:00pm - 3:00pm	

Draw & Clay

Ages 4-9: April start date: Castles, Princes, Princess, and Dragons - Every child enjoys some aspect of these tales! We will look at the structures of castles built in the Medieval Times as well as the tales of Princes, Princesses, and Dragons. Artwork will be rendered in pencil, paint and clay! May start date: Will work on cartooning and sculpting figures from the hit movie 'How to Train your Dragon. Both classes include drawing fundamentals, color mixing and the development of fine motor skills while participants have tons of fun! \$10 material fee due to instructor for session class.

4 Sessions	\$40				
Instructor: Yolanda Prinsloo					
352573	Bauer Drive CC	4/10	W	5:30pm - 6:30pm	
352574	Bauer Drive CC	5/8	W	5:30pm - 6:30pm	

Drawing Made Easy

Ages 5-9: Fun lessons guide you step by step to draw awesome pictures and learn important skills. Please bring crayons, colored pencils, No. 2 pencils, erasers and paper to the first class. Warning - this class fills quickly! \$10 material fee due to instructor at first class.

7 Sessions	\$63				
Instructor: Pyper H. Dixon					
352420	German town CC	4/8	M	6:30pm - 7:30pm	
8 Sessions	\$72				
Instructor: Pyper H. Dixon					
352421	White Oak CC	4/10	W	6:30pm - 7:30pm	

Red Sprinkle Fashion School-Intermediate

Ages 10-13: Become a true fashionista in this interactive 4-week course for beginners! Learn the basic fundamentals of hair, makeup, modeling, and fashion styling by licensed professionals in the industry. Gain knowledge of proper techniques and applications, and of course, how to work the runway! With your newfound skills you'll be well on your way to becoming a seasoned pro! Materials fee: \$25

4 Sessions	\$175				
Instructor: Madiana Margao Red Sprinkle					
352425	Potomac CC	4/13	Sa	11:00am - 12:00pm	
352560	Mid County CC	4/13	Sa	11:00am - 12:00pm	

Modern Masterpieces (painting)

Ages 7-12: Use color, shape and line to express emotions and creative ideas; objects are simplified and deconstructed. The art that results is very personal and unique. Draw, paint and voila - a masterpiece! \$10 material fee due to instructor at class.

7 Sessions	\$56				
Instructor: Pyper H. Dixon					
352459	East County CC	4/13	Sa	1:00pm - 2:00pm	
8 Sessions	\$64				
Instructor: Pyper H. Dixon					
352457	German town CC	4/9	Tu	6:30pm - 7:30pm	
352458	White Oak CC	4/11	Th	6:30pm - 7:30pm	

Cartooning with Young Rembrandts

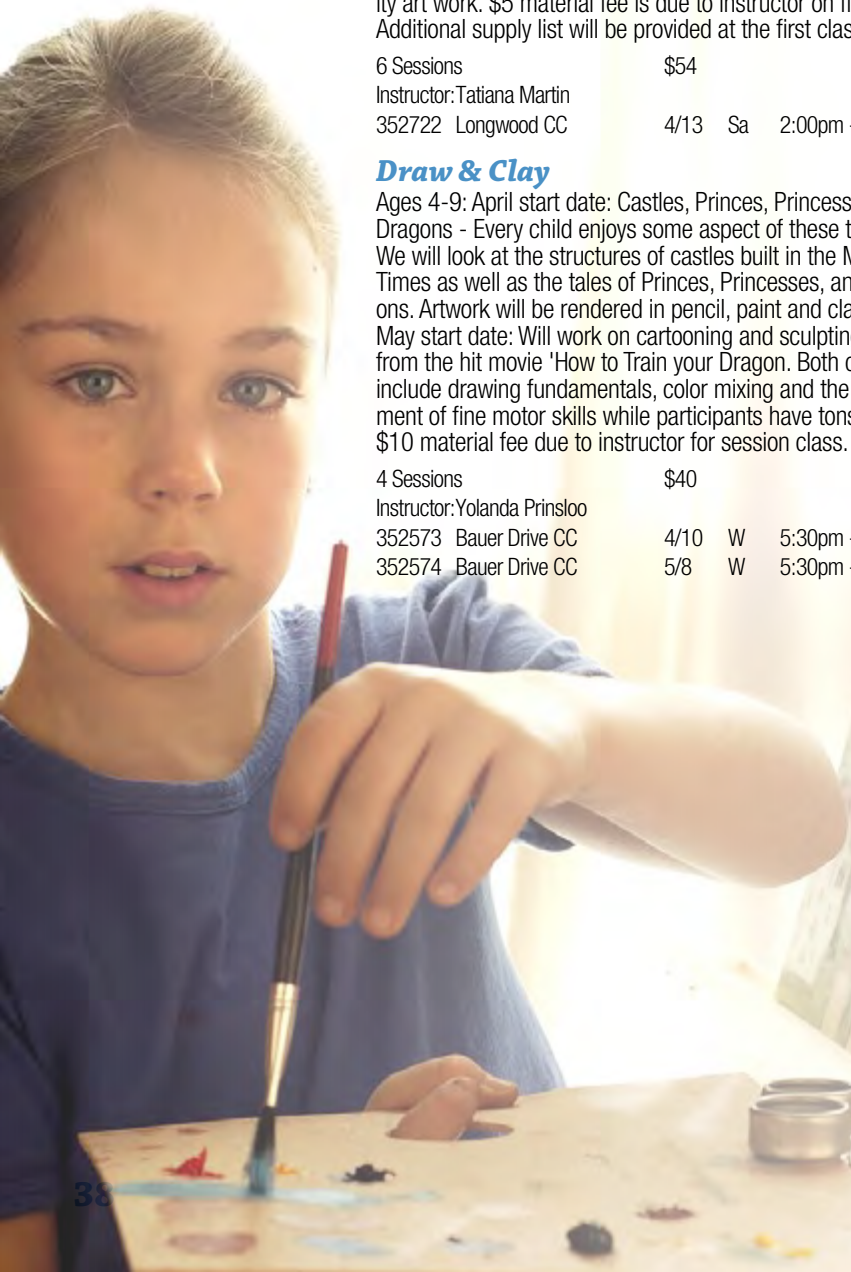
Ages 6-12: Must be six by the start of class. Learning to draw can be great fun especially when we create silly characters, funny expressions, and drawing sequences that tell a joke! Our innovative drawing method along with lighthearted subject matter will engage your sense of humor.

6 Sessions	\$80				
Instructor: Young Rembrandts					
352754	Wheaton CC	4/8	M	6:30pm - 7:30pm	
352756	Potomac CC	4/9	Tu	4:45pm - 5:45pm	
352755	German town CC	4/10	W	5:00pm - 6:00pm	

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FINE ARTS

Drawing with Kritt

Ages 18 & Up: All levels. No talent? No problem! Buildings, landscapes, people and animals are all hiding in your pencil. I'll show you how to get them out! If you can draw a stick figure, you've got all the skill you need. All you're missing is how to 'see like an artist', and I can teach you that. Call 301-989-1799 for supply list.

7 Sessions	\$119		
Instructor: Penny Kritt			
352465 Kritt Studio	4/8	M	10:00am - 12:00pm
352466 Kritt Studio	4/8	M	7:00pm - 9:00pm

Painting Tips with Kritt (Workshop)

Beginners & Intermediate. Watercolors or acrylics. Here's a chance to ask a working artist all your questions: How to fix mistakes without starting over. What paint is best? Framing on a budget. Color strategy. Questions? Call Penny at 301-989-1799.

1 Sessions	\$35		
Instructor: Penny Kritt			
352564 Kritt Studio	4/20	Sa	10:00am - 12:00pm

Right Brain Drawing Beginner

Ages 13 & Up: Discover how to unthrottle preconception and draw what you see. Sharpen your powers of observation with a variety of exercises and see what you can create! Bring drawing paper, pencils (HB, B1, B4), ruler, erasers or \$25 for materials fee due to instructor.

7 Sessions	\$119		
Instructor: Yolanda Prinsloo			
352571 Potomac CC	4/8	M	5:30pm - 7:00pm

Right Brain Drawing Advanced

Ages 13 & Up: For those who have taken a beginner class with Yolanda Prinsloo in the past or have drawing experience. Build on perceptions of drawing and explore new techniques in pencil, color pencil and/or watercolor. \$20 material fee due to instructor at first class.

7 Sessions	\$119		
Instructor: Yolanda Prinsloo			
352569 Potomac CC	4/8	M	7:15pm - 8:45pm



Chinese Watercolors

Let's Draw! Beginning/Intermediate

Ages 9 & Up: A perfect class for older kids and adults to explore different drawing skills. Come find the artist in you! Great fun for families. Please register quickly for this popular class. Contact Pyper at 240-593-4404 for supply list.

7 Sessions	\$112		
Instructor: Pyper H. Dixon			
352424 East County CC	4/13	Sa	10:15am - 12:15pm

Acrylic Painting Techniques

Ages 14 & Up: All ability levels are welcome. Discover how to use a step by step approach that makes acrylics resemble the lush look of oils. Learn to create a painting you will be proud to hang in your home. You will love the results! Please bring several pictures of what you would like to paint. \$8 material fee due to instructor. Fee covers palette, paper, and extra paints. Please call Margaret at 301-318-8319 for supply list.

8 Sessions	\$136		
Instructor: Margaret Deskin			
351448 Bauer Drive CC	4/13	Sa	10:30am - 12:30pm

Oil or Acrylic Painting- Your Choice

Ages 18 & Up: Beginners/Intermediate. Learn how to prepare the palette, how to start a painting, and how to mix and blend colors. Subjects include still life, landscape, figure or abstract. Frequent demonstrations and care of materials also included. This popular class fills quickly! Materials discussed at 1st class.

8 Sessions	\$136		
Instructor: Doris Haskel			
352723 Norwood Local Park	4/8	M	9:45am - 11:45am
352724 Norwood Local Park	4/9	Tu	9:45am - 11:45am
352725 Norwood Local Park	4/10	W	9:45am - 11:45am

Painting from A to Z

Ages 10 & Up: All levels are welcome. Choose any painting medium you would like to work on: watercolor, gouache, acrylics, or oil painting. Beginners will be given structured lessons in composition, value, color mixing, and various painting techniques; experience painters can work independently. Individualized attention will be given to meet personal needs. Please bring a sketchpad, 4B pencil, and an eraser to the first class. Materials will be discussed in the first class.

9 Sessions	\$165		
Instructor: Vivienne Cho			
352033 Bauer Drive CC	4/9	Tu	1:00pm - 3:00pm

Painting Spring with Kritt

Ages 18 & Up: Early spring gives you daffodils and then you get cherry blossoms. Paint small ones on greeting cards, or work bigger and paint an entire garden. Use a photo or pick something from your backyard! Call 301-989-1799 for supply list.

8 Sessions	\$136		
Instructor: Penny Kritt			
352561 Kritt Studio	4/9	Tu	10:00am - 12:00pm
352562 Kritt Studio	4/9	Tu	7:00pm - 9:00pm

Chinese Watercolors

Ages 18 & Up: All levels are welcome. Join a local Chinese artist as she teaches you the essential brush strokes needed to paint the 'Four Gentlemen' of Chinese art and their variations. \$28 material fee due to instructor at first class.

6 Sessions	\$102		
Instructor: Helene Sze McCarthy			
351371 Blair, Montgomery HS	5/1	W	7:30pm - 9:30pm



JEWELRY

Beginning Wire Work

Ages 12 & Up: Learn how to work with wire to make loops, spirals, coils and more for all your jewelry projects. Discover what tools are required, how to select wire, and where to purchase your materials. After practicing the various techniques, make an easy to do wire bracelet with glass beads, finished with a handmade clasp. \$10 material fee due to instructor at class.

1 Sessions	\$35			
Instructor: Donna Weeks				
352590 White Oak CC	5/28	Tu	7:00pm - 9:00pm	
352589 Bauer Drive CC	5/29	W	7:00pm - 9:00pm	

Braided Wire Bracelets

Ages 12 & Up: If you know how to braid, you can make this bracelet, it is that easy. We'll be working with 20 gauge non-tarnish silver wire to create this cuff-like bracelet. Just cut six pieces of wire, fold in half and start braiding. You'll finish it off with a focal bead and a little wire work. Simple, and elegant and you're sure to enjoy wearing it. \$10 material fee due to instructor at class.

1 Sessions	\$35			
Instructor: Donna Weeks				
352598 White Oak CC	5/7	Tu	7:00pm - 9:00pm	
352597 Bauer Drive CC	5/8	W	7:00pm - 9:00pm	

Right Angle Weave Bracelet

Ages 12 & Up: This is one of the most popular techniques used in beading today--but with a twist. This technique is done using Beadalon stringing wire instead of needles and thread--so much easier. You'll have time to make 2 bracelets in class using your new skills. Once you learn the technique, you will see how easy it is to change the look by simply changing the size and shape of the beads you use. \$10 material fee due to instructor at class.

1 Sessions	\$35			
Instructor: Donna Weeks				
352602 White Oak CC	5/14	Tu	7:00pm - 9:00pm	
352601 Bauer Drive CC	5/15	W	7:00pm - 9:00pm	

Wire Wrapping

Ages 12 & Up: Learn the basics of wire wrapping as we explore several techniques. We'll learn to wrap gemstones, beach glass and more using braiding, traditional wrapping and weaving techniques. If you've got a favorite stone you want to wrap, this is the class for you. We'll cover the basics of wire working as we finish our project. There will be time to wrap several projects in class. \$10 material fee due to instructor at class.

1 Sessions	\$35			
Instructor: Donna Weeks				
352594 White Oak CC	4/30	Tu	7:00pm - 9:00pm	
352593 Bauer Drive CC	5/1	W	7:00pm - 9:00pm	

Earrings, Earrings, Earrings!

Ages 12 & Up: Tired of never having just the right earrings to go with your favorite clothes? Learn the basics of earring construction from making loops, choosing the tools to making some one-of-a-kind earrings to add to your jewelry collection. Complete several pairs in class. \$10 material fee due to instructor at class.

1 Sessions	\$35			
Instructor: Donna Weeks				
352578 White Oak CC	4/9	Tu	7:00pm - 9:00pm	
352577 Bauer Drive CC	4/10	W	7:00pm - 9:00pm	

Jewelry Basics

Ages 12 & Up: Learn the basics of making necklaces and bracelets from using crimp beads to choosing stringing material. Then make a double strand necklace. Once you know the basics, you can make your own one of a kind design. \$10 material fee due to instructor in class.

1 Sessions	\$35			
Instructor: Donna Weeks				
352580 White Oak CC	4/16	Tu	7:00pm - 9:00pm	
352579 Bauer Drive CC	4/17	W	7:00pm - 9:00pm	

MORE ARTS & CRAFTS

Bath and Beauty Products

Ages 12 & Up: Why spend all that money on products that you can create yourself for a fraction of the cost? Join us and learn to make your own bath salts, moisturizers, toners, body lotions, hand creams and more. Take home a basket full of products plus recipes so you can make more! \$18 material fee due to instructor.

1 Sessions	\$35			
Instructor: Donna Weeks				
352582 White Oak CC	4/23	Tu	7:00pm - 9:00pm	
352581 Bauer Drive CC	4/24	W	7:00pm - 9:00pm	

POTTERY

Introduction to Pottery

Ages 16 & Up: If you ever wanted to try pottery, this is the class for you! Designed as an introductory class, you will learn hand building and wheel throwing, decorating, and glazing. \$25 material fee due to instructor at class covers 25 lbs. of clay, glazes, slips and other consumables.

10 Sessions \$170
Instructor: Pamela Reid
351104 White Oak CC 4/10 W 6:30pm - 8:30pm

Handcrafted Pottery Beginner/Intermediate

Ages 16 & Up: Introduction to techniques used in hand building pieces of functional and decorative pottery, and use of potter's wheel. Basic information on clay bodies, firing, glazing, under glazes and slips. \$25 material fee due to instructor at class.

10 Sessions \$170
Instructor: Pamela Reid
351119 Wheaton CC 4/10 W 10:00am - 12:00pm

Pottery at Sligo Creek

Ages 17 & Up: All levels and experience. Explore hand building, wheel throwing and glazing techniques using mid-range stoneware (cone 6) with the instructor's guidance. Fully equipped studio affords you the opportunity to discover and work toward your own creative goals. All artists have access to a potter's wheel. \$27 material fee due to instructor at class. Monday class is taught by Dickerson; Tues and all Thursday classes are taught by Schreiber.

12 Sessions \$288
Instructor: Angela Schreiber
351451 Sligo Creek ES 3/5 Tu 7:00pm - 10:00pm
351453 Sligo Creek ES 3/5 Tu 9:30am - 12:30pm
351452 Sligo Creek ES 3/7 Th 9:30am - 12:30pm
Instructor: Margaret Dickerson
351454 Sligo Creek ES 2/25 M 7:00pm - 10:00pm

Pottery at Lawton

Ages 13 & Up: All levels. Pottery for Everyone. Includes basic skills and techniques for coiling, sculpting and the wheel. Instruction on clay bodies, slips, glazes, underglazes and texture. \$25 material fee due instructor at first class.

8 Sessions \$139
Instructor: Yolanda Prinsloo
352567 Jane E. Lawton CC 4/11 Th 6:00pm - 8:30pm



Introduction to Pottery

Handcrafted Pottery All Levels

Ages 16 & Up: All Levels. Discover clay and glazes in a creative, friendly environment. Work on individual projects with instructor's guidance. Bring clay tools and old towel. \$25 material fee due to instructor at the first class.

10 Sessions \$170
Instructor: Pamela Reid
351105 Wheaton CC 4/11 Th 7:00pm - 9:00pm
351107 White Oak CC 4/11 Th 6:30pm - 8:30pm

Handcrafted Pottery

Ages 15 and Up: All levels: Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Share wheel time. Bring old towel, dry cleaner plastic wrap, various small textured objects and \$30 material fee due to the instructor at first class.

8 Sessions \$199
Instructor: Valerie Haber
354226 Germantown CC 4/10 W 6:00pm - 9:00pm

Pottery Open Studio

Ages 16 & Up: Intermediate/Advanced. Hand building, wheel-throwing, decorating and glazing techniques for experienced students. Studio is equipped with wheels, extruders and slab roller. Instructor is available for demonstration and assistance. \$25 material fee due at first class.

10 Sessions \$220
Instructor: Pamela Reid
351120 Ross Boddy CC 4/9 Tu 10:00am - 2:00pm
351121 Ross Boddy CC 4/9 Tu 6:00pm - 10:00pm

Family Pottery with CREATE

Ages 6 & Up: Adult participant is required. Spend some quality time as a family exploring clay. Whether your clay creations are purely decorative or practical pieces, you'll treasure the time you spend working both independently and as a family. You will explore clay construction (pinch, coil and slab-no wheel), and various glaze finishes. Projects are fired in a kiln on our premises and students will take home several finished pieces. Younger children will need their adult pottery partner to assist through part of the process which is part of the fun you'll have together! Cost is per person. Register each person individually! \$25 material fee due per person on first day.

8 Sessions \$120
Instructor: Create Art Center
351368 Create Arts Center 4/14 Su 3:00pm - 4:30pm





DANCE

YOUTH

Pre Ballet by Jazzmatazz

Grades K-1: An introductory class that includes creative movement, beginning technical exercises, floor exercise and a performance dance. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus, and only short dance skirts.

8 Sessions \$96
Instructor: Betsy Saunders
351367 Long Branch CC 4/6 Sa 11:15am - 12:15pm

Comprehensive Classical Ballet

Advanced Beginner

Ages 7-10: Students are carefully trained through graduated ballet exercises, floor barre and ballet terminology. Ballet posture and turn out are highly emphasized in this class. Uniform: Girls black short sleeved leotard, pink footed tights, leather ballet slipper. Boys black sweat pants (no pockets), white t-shirt and socks, black jazz oxfords.

6 Sessions \$54
Instructor: Kim Bell
352037 Jane E. Lawton CC 4/13 Sa 11:15am - 12:00pm

Comprehensive Classical Ballet

Ages 5-7: Beginner students are taught Classical ballet movements along with creative expression through the RAD method of training. Props are used to enhance children's ability to understand movement and sound. Uniform: Girls black short sleeve leotard, pink, footed tights and leather ballet slippers. Boys black sweat pants (no pockets), white, t-shirt and socks black jazz oxfords.

6 Sessions \$54
Instructor: Kim Bell
352036 Jane E. Lawton CC 4/13 Sa 10:15am - 11:00am

Ballet

Ages 5-8: Beginner. This class introduces the young dancer to the basic movements of ballet and ballet terminology. This class is perfect for the dancer that needs the fundamental introductory training to begin a ballet program.

7 Sessions \$63
Instructor: Grace Oleson
351510 White Oak CC 4/8 M 4:30pm - 5:15pm
8 Sessions \$72
Instructor: Grace Oleson
351507 Potomac CC 4/9 Tu 4:30pm - 5:15pm
351509 Germantown CC 4/10 W 4:30pm - 5:15pm
351508 Wheaton CC 4/11 Th 4:30pm - 5:15pm

Ballet by Halo

Ages 5-8: The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. We create a safe and fun environment to encourage maximum learning potential.

7 Sessions \$63
Instructor: Halo Dance Studio
352603 Germantown CC 4/13 Sa 11:00am - 12:00pm

Ballet by Halo

Ages 9-12: All Levels. The main focus of this class will be on developing correct posture, proper alignment, flexibility and strength. In this class students will learn the seven movements in dancing and the ballet vocabulary. Beginning with barre work, the class proceeds to center work and movement which travel across the floor.

7 Sessions \$63
Instructor: Halo Dance Studio
352605 Germantown CC 4/13 Sa 12:00pm - 1:00pm

Tap, Ballet & Jazz Int

Ages 8-15: Intermediate. This is a continuing class for those who have taken the beginning level. Before registering contact Rowena 301-467-3535 for clarification of placement.

6 Sessions \$54
Instructor: Rowena DeLuca
351424 Marilyn J. Praisner CC 4/20 Sa 12:00pm - 1:00pm

Tap, Ballet & Jazz Beginner

Ages 4-7 and 7-15: This is a combination class introducing tap, ballet and jazz dance. Class requires comfortable clothes to move in. Soft slippers for ballet and jazz, and hard, closed toed shoes for tap.

Three routines will be introduced during the session. A performance for family and friends will be held on the last day of class. Fun, fitness, and a great way to find out if your child really wants to dance. For online registration please look at the details for specific age group and time. Questions call Rowena DeLuca at 301-467-3535.

Instructor: Rowena DeLuca
6 Sessions \$54
Ages 4-7
351406 Marilyn J. Praisner CC 4/20 Sa 10:00am - 11:00am
351408 Marilyn J. Praisner CC 4/20 Sa 11:00am - 12:00pm
7 Sessions \$63
Ages 7-15
351407 Mid County CC 4/8 M 6:00pm - 7:00pm





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Breakdancing

Ages 7-13: The breakdancing genres provide specialized hip hop moves necessary to give kids the chance to develop and learn style, power moves, and everything in between. This class is perfect for guys and girls who want to learn the popular dance moves in a class that focuses on kids feeling good, having fun, and developing a positive attitude! Comfortable clothing is the dress code for the class (i.e. sneakers, t-shirt, lightweight pants / shorts).

7 Sessions	\$63			
Instructor: Vincent Subramaniam				
352034 Bauer Drive CC	4/8	M	5:30pm - 6:15pm	
9 Sessions	\$81			
Instructor: Halo Dance Studio				
352035 Upper County CC	4/10	W	7:30pm - 8:30pm	

Hip Hop for Kids!

Ages 6-8: This class is designed to introduce the Hip-Hop culture through the element of dance. Students focus first on the foundation of hip hop dance through fundamental drills and progressions. Choreography and more advanced body movements are incorporated as this class progresses. Each class will begin with a basic warm-up to stretch and tone the body, followed by across the floor progressions, concluded with a fun and energetic routine.

8 Sessions	\$72			
Instructor: Halo Dance Studio				
352608 Potomac CC	4/8	M	4:30pm - 5:15pm	
9 Sessions	\$81			
Instructor: Halo Dance Studio				
352609 Upper County CC	4/10	W	6:15pm - 7:15pm	

Hip Hop for KidZ!

Ages 9-12: A high energy, fun filled dance class, packed with the latest hip hop choreography. Let your child come move and groove to the latest hip hop music while learning this fun style of dance.

8 Sessions	\$72			
Instructor: Halo Dance Studio				
352607 Potomac CC	4/8	M	5:30pm - 6:15pm	

Bollywood Kids

Ages 6-10: Bollywood style dance is the latest craze among the young kids. Learn a dance on Oscar winning sound track 'Jai ho' from movie Slumdog Millionaire or other current popular soundtracks. These dances are set to very catchy tunes and have a fast, vibrant beat. The dance moves also help kids with motor coordination, better focus, and confidence. Questions: Call Kumud Mathur at 301-299-3334.

8 Sessions	\$89			
Instructor: Kumud Mathur				
352418 Potomac CC	4/9	Tu	6:30pm - 7:15pm	
352419 Kingsview MS	4/10	W	6:30pm - 7:15pm	

BALLROOM

Instructors:

Joe Kim	301-774-3126
Rebecca McKinney	202-669-7723
Tony Seleme	202-386-2060
Tom Woll	703-591-3839

REGISTRATION IS PER PERSON.

Ballroom I Beginners (Couples)

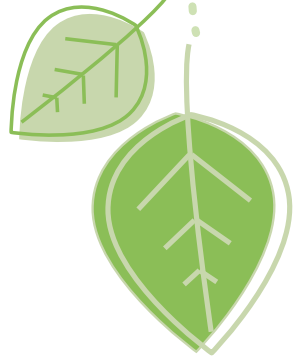
Ages 16 & Up: Beginner: Learn the basics of Ballroom Dancing for the student with no prior level of instruction. Learn proper dance position, how to lead and follow, and at least three patterns for Waltz, Foxtrot, Rumba, Cha Cha and Swing. Depending on the students' progress, additional dances may be included.

8 Sessions	\$72			
Instructor: Joe Kim				
351398 Olney ES	4/12	F	7:30pm - 8:30pm	
Instructor: Tony Seleme				
351394 Bauer Drive CC	4/8	M	7:15pm - 8:15pm	
Instructor: Rebecca Phyllis McKinney				
351397 Bethesda ES	4/8	M	7:00pm - 8:00pm	
Instructor: Thomas Woll/ Ann Basso				
351396 Wheaton CC	4/10	W	7:00pm - 8:00pm	
9 Sessions	\$81			
Instructor: Tony Seleme				
351395 White Oak CC	4/11	Th	7:15pm - 8:15pm	

Ballroom II (Couples)

Ages 16 & Up: Intermediate. Prerequisite: Beginner ballroom course. After a brief review of the Ballroom I Dances, reinforce and build your confidence by learning additional variations for these dances, including Tango and Merengue. Emphasis is placed on maintaining proper dance position and improved pattern execution to perfect each move. Depending on class progress additional dances may be included. For further information please contact your instructor directly. Registration is per student.

8 Sessions	\$72			
Instructor: Joe Kim				
351400 Olney ES	4/12	F	8:30pm - 9:30pm	
Instructor: Tony Seleme				
351401 Bauer Drive CC	4/8	M	8:15pm - 9:15pm	
Instructor: Rebecca Phyllis McKinney				
351403 Bethesda ES	4/8	M	8:00pm - 9:00pm	
Instructor: Thomas Woll/ Ann Basso				
351399 Wheaton CC	4/10	W	8:00pm - 9:00pm	
9 Sessions	\$81			
Instructor: Tony Seleme				
351402 White Oak CC	4/11	Th	8:15pm - 9:15pm	



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lessons are
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BALLROOM continued

Ballroom III (Couples)

Ages 16 & Up: Intermediate/Advanced: Prerequisite: Ballroom Dance II or equivalent. Students will further develop a firm foundation in dancing ability in the ballroom dances covered in Ballroom I and II. Learn additional patterns in each dance with an emphasis on proper execution and technique. Classes may specialize in 3 or 4 dances per session. Registration fee is per student, each student must have a registered partner to participate in the class.

8 Sessions \$72
Instructor: Thomas Woll/ Ann Basso
352610 Gwendolyn Coffield CC 4/9 Tu 7:45pm - 8:45pm

Ballroom IV (Couples)

Ages 16 & Up: Prerequisite: Completion of Ballroom I, Intermediate or Intermediate Advanced: Students will further develop dancing skills by learning additional patterns in each dance, improving dancing technique and execution. Classes may specialize in 3 or 4 dances per session. For further information please contact your instructor directly.

8 Sessions \$72
Instructor: Thomas Woll/ Ann Basso
352612 Mid County CC 4/11 Th 7:45pm - 8:45pm

Dance for the Special Occasion (Singles and Couples)

Ages 18 & Up: This dance class covers all ballroom and popular social dances. Are you looking forward to a very special occasion but dreading the thought of not being comfortable on the dance floor? This class focuses on learning basic rhythm, movement, leading and following in a relaxed carefree way. No pressure, no pizzazz, just an honest effort to dance and feel good about it. This class is perfect for anyone who is preparing for a special occasion such as a cruise, inaugural ball or special party. Partners are not required.

8 Sessions \$72
Instructor: Herb Fredricksen
351960 Germantown CC 4/10 W 7:45pm - 8:45pm
351961 East County CC 4/11 Th 7:45pm - 8:45am

Ballroom Waltz (Couples)

Ages 16 & Up: Learn this classical slow dance that is the opening to all formal dance. This beautiful dance is the oldest and most graceful of the social dances. Registration fee is per person, must have a registered partner to participate.

9 Sessions \$81
Instructor: Rebecca Phyllis McKinney
352032 Jane E. Lawton CC 4/11 Th 6:45pm - 7:45pm

Ballroom Wedding Dance (Couples)

Ages 18 & Up: Beginner. Learn to dance for that special occasion, your wedding, or just take the course to learn the three of most common ballroom wedding dances, the Waltz, Foxtrot, or Rumba. These are the three basic slow dances that couples usually chose for their special first dance together. Instruction will focus on proper dance position, how to lead and follow, and some basic patterns that you can use to form a routine for your dance. Registration fee is per person, must have a registered partner to attend the class.

8 Sessions \$72
Instructor: Thomas Woll/ Tony Dunn
352410 Potomac CC 4/8 M 7:00pm - 8:00pm

Swing (Couples)

Ages 17 & Up: Beginner. Single and Triple Swing. Learn underarm turns, swivels using swing variations. This class is an East Coast Swing starting with Single Swing for an easy start, then progress to Triple Swing. For further information, please call the instructor Tony Selemey at 202-386-2060 for the Tuesday class or Rebecca McKinney at 202-669-7723. Registration fee is per person, students must have a registered partner to attend.

9 Sessions \$81
Instructor: Tony Selemey
352028 Holiday Park SC 4/9 Tu 7:15pm - 8:15pm
Instructor: Rebecca Phyllis McKinney
352027 Jane E. Lawton CC 4/11 Th 7:50pm - 8:50pm

DC Hand Dancing (Singles and Couples)

Ages 18 & Up: Proclaimed the official dance of the Nation's Capital, learn this smooth style of 6-count Swing featuring various circular and slotted patterns. DC Hand Dancing is done to moderate and fast Motown, Blues and Disco music. No partner required. Students change patterns frequently. For singles, couples, trios, and bring your friends.

8 Sessions \$72
Instructor: Thomas Woll/ Tony Dunn
352614 Potomac CC 4/10 W 7:00pm - 8:00pm



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LATIN

Latin Salsa (Couples)

Ages 17 & Up: This hot dance sizzles with rhythms and movement making Salsa a fun and popular dance for beginners.

9 Sessions \$81
Instructor: Tony Seleme
352407 Holiday Park SC 4/9 Tu 8:15pm - 9:15pm

Latin Salsa (Singles & Couples)

Ages 17 & Up: Beginner. Learn today's hottest dance-Salsa! Learn a unique technique to dance Salsa, the difference between studio and night club styles, lead and follow, the 'get out of jail', steps to get your partner back on beat, and when to do the Mambo instead. Registration fee for single registrants, sign up with a friend to ensure a balance. Students change partners frequently.

8 Sessions \$72
Instructor: Thomas Woll/ Tony Dunn
352616 Potomac CC 4/10 W 8:00pm - 9:00pm

Latin Tango (Couples)

Age 17 & Up: Beginner/Intermediate. American and International Standard Tango. For further information the instructor, Rebecca McKinney may be reached at 202-669-7723.

8 Sessions \$72
Instructor: Rebecca Phyllis McKinney
352031 Bethesda ES 4/8 M 9:00pm - 10:00pm

Latin Salsa & Merengue Beginner (Single & Couples)

Ages 17 & Up: Beginner. This class is popular worldwide. The class includes partner dance, solo free style, and practice to mini choreographed routine. Students will learn night club style, street style, and formal dance style. Students will change partners frequently. Program does not require a partner to attend.

8 Sessions \$72
Instructor: Joe Kim
351388 Barnsley, Lucy ES 4/10 W 7:30pm - 8:30pm

Latin Salsa & Merengue Inter/Adv (Single & Couples)

Ages 17 & Up: Intermediate/Advanced. Prerequisite: Salsa beginner class or solid basic knowledge. Initially review beginner Salsa and quickly add on advanced Salsa skills with emphasis on turning technique. Students will also enjoy fun loaded show off Shine Steps newly added to this class. Students will be taught night club style, street style, and formal dance style. Students change partners frequently.

8 Sessions \$72
Instructor: Joe Kim
351392 Barnsley, Lucy ES 4/10 W 8:30pm - 9:30pm

US/Mexican Border Dances (Singles and Couples)

Ages 18 & Up: Since the days of the Alamo a vibrant exchange of music and dance along this border, includes rhythms called Mariachi, Norteno, Conjunto, Ranchero, Tex-Mex, even Cajun. Come explore 200 years of dancing with a man who collects and keeps alive these spirited dances and has taught for the Smithsonian Institution and the Friends of the Kennedy Center. No partner or experience is required.

8 Sessions \$72
Instructor: Herb Fredricksen
351947 Germantown CC 4/10 W 6:30pm - 7:30pm
351936 East County CC 4/11 Th 6:30pm - 7:30pm

INTERNATIONAL

Folk Bhangra/Bollywood

Ages 11 & Up: Beginner/Intermediate. Enjoy and learn the latest dance craze. Bhangra is a vigorous and rhythmic dance for social parties, while Bollywood is a hip hop low impact dance mixed with classical and folk dances of India. These dances are set to very catchy tunes with romantic lyrics and fast beat. Stay in shape while learning an art. Questions: Call Kumud Mathur at 301-299-3334.

8 Sessions \$89
Instructor: Kumud Mathur
352414 Potomac CC 4/9 Tu 7:30pm - 8:30pm
352417 Kingsview MS 4/10 W 7:30pm - 8:30pm

International Folk Dancing

Ages 17 & Up: Beginner/Advanced. The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/ advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Students may begin any time during the session by registering, and then taking their receipt to class to receive their passes from the instructor. Classes are offered continually, from season to season and you may use your passes for any class. There are no refunds for unused passes. Questions: call 301-871-8788 or e-mail diamonddancecircle@comcast.net.

4 Sessions \$28
Instructor: Phyllis Diamond
351444 Jane E. Lawton CC 5/13 M 7:30pm - 9:45pm
6 Sessions \$42
Instructor: Phyllis Diamond
351443 Jane E. Lawton CC 4/29 M 7:30pm - 9:45pm
9 Sessions \$63
Instructor: Phyllis Diamond
351442 Jane E. Lawton CC 4/8 M 7:30pm - 9:45pm





MORE DANCE

Urban Line Dance

Ages 16 & Up: This introduces you to the basic patterns and steps for line dancing. Learn basic beginning level line dance step patterns and gradually progress to a few intermediate level line dances with slightly more complex patterns. This class will provide the opportunity to exercise, socialize, and have fun all in one setting. For more information please call Paytrienne McCormick at 301-379-5937.

8 Sessions	\$60				
Instructor: Paytrienne McCormick					
351372	Wheaton CC	4/9	Tu	6:00pm - 7:00pm	
351373	White Oak CC	4/11	Th	5:30pm - 6:30pm	

TAP

Tap Dance for Adults

Ages 16 and Up: Tap is an exciting program where students will use their feet to create a musical beat. Many adults are joining tap programs not only for the enjoyment but to gain aerobic fitness as well as muscle control. Beginner class is from 6:00pm - 7:00pm and will introduce you to basic tap steps for true beginners. Beginner/Intermediate class is from 6:30pm - 7:30pm and will introduce you to basic tap and combination steps. Intermediate class is from 7:00pm - 8:00pm and will focus on intermediate steps and combination. Advance class will be held from 8:00pm - 9:00pm and is a true performance class. For clarification and assistance with proper placement please call Rowena DeLuca at 301-467-3535.

8 Sessions	\$72				
Instructor: Rowena DeLuca					
351433	Capital View-Hwd Park	4/10	W	6:00pm - 7:00pm	
351434	Capital View-Hwd Park	4/10	W	6:30pm - 7:30pm	
351435	Capital View-Hwd Park	4/10	W	7:00pm - 8:00pm	
351436	Capital View-Hwd Park	4/10	W	8:00pm - 9:00pm	

Tap Dance for Adults Intermediate

Ages 16 and Up: A continuation for anyone who has had the beginner class. For further information, or to clarify correct placement, please call Rowena at 301-467-3535.

8 Sessions	\$72				
Instructor: Rowena DeLuca					
351441	Marilyn J. Praisner CC	4/12	F	12:30pm - 1:30pm	

MUSIC

GUITAR

Guitar Level I

Ages 9 and Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. Please bring a fully strung guitar (preferably acoustic), electronic tuner and a pencil. \$14 material fee due to the instructor at first class. Questions: Call Brian Gross at 301-320-6999.

8 Sessions	\$124				
Instructor: Brian Gross					
352743	Potomac CC	4/9	Tu	6:00pm - 7:00pm	
352744	Bauer Drive CC	4/10	W	7:00pm - 8:00pm	

Guitar Level II

Ages 9 & Up: Learn more songs and new chords including barre and power chords, and left hand techniques. Please bring a fully strung guitar, an electronic tuner and pencil. New students with applicable experience/knowledge welcome. \$14 material fee due to the instructor at first class. Questions: Call Brian Gross at 301-320-6999.

8 Sessions	\$124				
Instructor: Brian Gross					
352748	Potomac CC	4/9	Tu	7:00pm - 8:00pm	
352747	Bauer Drive CC	4/10	W	8:00pm - 9:00pm	



Tap Dance For Adults

PIANO

Exploring Music and Piano Level IA

Ages 5-10: This is a progressive program. Participants should plan to continue throughout the fall, winter and spring sessions in order to obtain optimum benefits. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

9 Sessions \$225

Instructor: Geiza Dourado

351499 Golden School of Music 4/6 Sa 12:00pm - 1:00pm

Exploring Music and Piano Level IB

Ages 5-10: Prerequisite Level IA. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

8 Sessions \$200

Instructor: Geiza Dourado

351503 Golden School of Music 4/8 M 5:15pm - 6:15pm

9 Sessions \$225

Instructor: Geiza Dourado

351502 Golden School of Music 4/6 Sa 12:30pm - 1:30pm

Exploring Music and Piano Level IC

Ages 5-10: Prerequisite Level IA & IB. A progressive program for the older participant. Contains all the elements of Exploring Music and Piano classes with additional emphasis on expressive technique. Digital pianos are provided for participants use. Adult participation is required and children should have access to a piano for practice outside of class. \$10 material fee due to instructor.

8 Sessions \$200

Instructor: Geiza Dourado

351504 Golden School of Music 4/8 M 5:45pm - 6:45pm

9 Sessions \$225

Instructor: Geiza Dourado

351506 Golden School of Music 4/6 Sa 12:30pm - 2:00pm

Group Piano Beginner

Ages 18 & Up: Explore theory, technique and analysis of music through individual and ensemble practice and performance. Theory is taught at all levels in conjunction with music performed. You must have a piano or keyboard available for practice. Students please pay attention to course levels within each activity description. Important: Instructor reserves the right to reassign students to another level and/or combine programs to ensure an optimum learning environment for all. Note: Textbooks are required and used in all courses. Book costs are in addition to course fees. Books will be available for purchase at first class. No previous musical background is needed. Note reading, rhythm, beginning technique of five-finger position and harmonization of simple melodies are covered.

8 Sessions \$120

Instructor: Elizabeth Duncan

352730 Holiday Park SC 4/9 Tu 10:15am - 11:05am

Group Piano Advanced Beginner

Ages 18 & Up: Students should have a basic knowledge of reading music, playing easy rhythms and playing with both hands with the use of chords in the C and G hand positions. Covers progression toward playing in the major keys of C, G, and F and the minor keys of A and D.

8 Sessions \$120

Instructor: Jeffrey Binckes

352727 Holiday Park SC 4/8 M 10:15am - 11:05am

352729 Holiday Park SC 4/8 M 2:30pm - 3:20pm

Instructor: Elizabeth Duncan

352728 Holiday Park SC 4/9 Tu 12:15pm - 1:05pm

Group Piano Intermediate

Ages 18 & Up: Students are required to have some piano skills and knowledge of note reading, theory and rhythm patterns. Improve your ability to move freely over the keyboard and develop rhythmic, harmonic, and theoretical concepts. Major and minor scales are taught progressively. Duet, ensemble and solo literature will be performed in all classes.

8 Sessions \$120

Instructor: Jeffrey Binckes

352737 Holiday Park SC 4/8 M 7:00pm - 7:50pm

352740 Holiday Park SC 4/8 M 11:15am - 12:05pm

352741 Holiday Park SC 4/8 M 12:30pm - 1:20pm

Instructor: Elizabeth Duncan

352738 Holiday Park SC 4/9 Tu 11:15am - 12:05pm

Group Piano Advanced

Ages 18 & Up: Continued development of performance techniques in advanced literature through the study of stylistic differences of the master composers from various periods of music. Emphasis on duet and two piano literature as well as solo performance.

8 Sessions \$120

Instructor: Jeffrey Binckes

352726 Holiday Park SC 4/8 M 1:30pm - 2:20pm

Group Piano Popular Favorites

Ages 18 & Up: A fun and exciting approach to music and piano! No need to be able to read music, you'll absorb that as you begin to play easy popular songs. Wherever you fit, come and make music in a relaxed and enjoyable environment. Students should have a piano or keyboard available to them for practice.

8 Sessions \$120

Instructor: Elizabeth Duncan

352742 Holiday Park SC 4/9 Tu 2:15pm - 3:05pm

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COOKING

COOKING SKILLS

Knife Skills Spring

Ages 18 & Up: The Cutting Edge!-The proper use of the chef's knife in the kitchen will do as much to improve your cooking ability as anything else you can do. This is a hands-on class that emphasizes proper technique, safety, selection of proper knives and care and Up: keep. You can use our knives, bring your own to use (we'll evaluate them for you) or purchase new ones from the complete line of professional knives that we have available (and you even get a discount!). You will peel, slice and chop vegetables and fruits as well as separate and de-bone a chicken. You will use a chefs knife, paring knife, peeler and boning knife during the course of the class. Lunch will be prepared from the fruits of your labors, so bring an appetite. \$15 food fee due instructor at class time.

1 Sessions \$65
Instructor: James Davis
352776 Ross Boddy CC 5/18 Sa 10:30am - 2:30pm

Basic Cooking Skills

Ages 15 & Up: The best way to feel more comfortable in the kitchen is to be more familiar with some of the basic cooking techniques that make all tasks just a little easier. In this class you will learn by doing, including some introductory knife skills including how to slice, dice and chop onions and even how to hone and sharpen your knives. Cooking techniques will include how to know the difference between saute, stew, roast and braise, and when to use each. And you will fix a first class lunch in the process; the menu includes a wonderful homemade Beef Stew along with Homemade Corn Bread and real coleslaw, finished off with a dessert of Fruit Cobbler with Whipped Cream. And you will learn that instead of just throwing the meat and vegetables in a pot, you will learn how to sear the meat and sweat the veggies to improve the flavor of both, how and which spices to add and just as important, when to add them. Improve your skills and take home a wonderful recipe that you can duplicate in your home kitchen with ease. We eat what we fix so bring an appetite and join us for a great time and a really good lunch. Take home recipes. \$15 food fee due instructor at class time.

1 Sessions \$65
Instructor: James Davis
352772 Ross Boddy CC 4/13 Sa 10:30am - 2:30pm



Advanced Cooking Skills

Ages 15 & Up: On your way to real comfort in the kitchen with even more knife skills as well as techniques to ease your time in the kitchen and great food to go with it. You will butterfly and pound a pork loin roast then stuff, roll, tie, brown and roast it with your selection of roasted red peppers, sausage, feta cheese, caramelized onions or other goodies. To accompany the pork, you will prepare a chipotle potato risotto, rich with cheese and fresh herbs along with a side of Fresh Broccoli with Garlic Butter and Cashews. Dessert will be my favorite pie from my mom's kitchen, an old fashioned Amish Cream and Sugar Pie. Basic or Intermediate Kitchen skills are not a pre-requisite for this class, but come prepared to work long and hard to get this menu completed in the time available. Take home recipes; don't forget that we eat what we fix so bring an appetite! \$15 food fee due instructor at class time.

1 Sessions \$65
Instructor: James Davis
352778 Ross Boddy CC 6/1 Sa 10:30am - 2:30pm

Intermediate Cooking

Ages 15 & Up: Your Next Best Comfort Step in the Kitchen! - with more knife skills along with more techniques to improve your kitchen skills, and great food to go with it. First, you will prepare a delightful new appetizer recipe of Pork Sausage Stuffed Mushrooms, then an entree of German Chicken and Cream with Home Made Noodles and the freshest green beans we can find in the market. Dessert will be your own home made Banana Cream Pie with a Graham Cracker Crust and Whipped Cream Topping. Basic Cooking Skills is not a pre-requisite, but this class is a step Up: from that level. Your friends and family will be amazed when you produce these wonderful dishes in your kitchen at home and even you will be surprised at how easy they really are. We eat what we fix so bring an appetite. Take home recipes are provided. A \$ 15 food fee is due to the instructor at class time

1 Sessions \$65
Instructor: James Davis
352775 Ross Boddy CC 5/11 Sa 10:30am - 2:30pm



Homemade Pies

GENERAL COOKING

Family Chefs

Ages 4-15: 'One Bite Won't Hurt You!' Cooking facts & fun based on the successful Tiny Hands Chefs classes. Tired of microwave fast foods? Simplistic ingredients are combined to create mouth watering dishes that everyone will love! Come create, consume and of course, clean Up: in this exciting class that makes food preparation a 'family affair'. Parent participation required. \$32 family cooking fee (covers parent and one child's materials) due to instructor. Price is per child, no charge for parent participation.

4 Sessions \$64
Instructor: Abigail Dion
351127 Potomac CC 4/8 M 4:00pm - 5:00pm

Authentic French Cooking

Ages 15 & Up: By popular demand here is a return of a class that sells out every time it is offered, but with different recipes this time. This class will present authentic French recipes. An appetizer course of Charred Carrot Soup will be followed by a first course of Honey Cured Smoked Scallops served with a vegetable puree. We'll then go on to a classic prepared Stuffed Chicken Breast with a Sun Dried Tomato Veloute Sauce served with a Rice Pilaf. Dessert will be Profiteroles garnished with Chocolate Sauce. You will not believe how easy these wonderful recipes are to do at home. You will become the prize cook of the family and the entire neighborhood as word gets out about your skills in the French kitchen. We eat what we fix so bring an appetite and join us for a great time and a really good lunch. Take home recipes. \$20 food fee due instructor at class time.

1 Sessions \$65
Instructor: James Davis
352774 Ross Boddy CC 4/27 Sa 10:30am - 2:30pm

Homemade Pies

Ages 15 & Up: Have you ever wanted to learn to bake homemade pies? Then, this is the class for you! Pie is the all-American dessert that should be part of every good cook's repertoire. Better than store-bought pies; homemade pies take little effort, and reward you with delicious results. To get a good overview of pie baking, this class will cover an assortment of pies so you will go home with the basics to create several variations. We'll explore custard pies, cream pies, and fruit pies. And, we'll learn about the many kinds of pie crusts including cookie crumb crust, Pate Brisee (basic pie dough), and Pate Sucree (sweet pie dough.) On the menu is Chocolate Custard Pie, Lemon Cream Pie, Old Fashioned Chess Pie, and Blueberry Pie (a la mode!) Come hungry for dessert! Please bring a \$15 food fee to the instructor at the start of class.

1 Sessions \$50
Instructor: Sherry Vatis
351721 White Oak CC 5/16 Th 6:00pm - 8:30pm

A Mexican Tamale Party!

Ages 15 & Up: We'll make our own tamale dough from masa, soak the corn husks, lay out the masa dough and make Up: a whole selection of fillers for our tamales. We'll have chicken and pork and of course chili rojo salsa. And we won't quit there. We'll also do dessert tamale's and maybe even some real Mexican combinations that you might not have thought of, like Mushroom and Kale. Best of all, instead of steaming for up to two hours as is the normal practice, I'll introduce you to a new and proven method of steaming your tamales in much less time but with the exact same results! Take home recipes; don't forget that we eat what we fix so bring an appetite! \$15 food fee due instructor at class time.

1 Sessions \$65
Instructor: James Davis
352779 Ross Boddy CC 6/15 Sa 10:30am - 2:30pm

Muffins & Quick Breads

Ages 15 & Up: Once you've tasted homemade, you'll be spoiled! In this class you'll learn to bake muffins and quick breads from scratch. They're so simple to make, and much more delicious than anything you can buy in the store, or prepare from a box. Baked goods are great with a cup of coffee, or as an afternoon snack for the kids. Either way, you'll always want to have some on hand. You'll learn basic recipes that will allow you to create an endless variety of muffins and quick breads, so you'll only be limited to the flavor combinations you can dream Up: . In this class we'll make: Banana-Pecan Muffins with Streusel Topping, Blueberry Muffins with Milk Glaze, Chocolate Chip-Walnut Muffins, and Zucchini Quick Bread. We'll eat what we prepare, so come hungry! Please bring \$15 food fee to the instructor at the start of class.

1 Sessions \$50
Instructor: Sherry Vatis
351717 White Oak CC 4/11 Th 6:00pm - 8:30pm

The Secrets of Thai Cooking

Ages 15 & Up: We've done it again! This class features all new recipes and a few surprises as well. We start with another favorite appetizer; Moo Ping is grilled pork on skewers. It is eaten as a snack in Thailand and can be eaten with or without sticky rice and is a great barbecue item for kids and adults. We will also create our own, unique fried Egg Rolls, with your choice of ingredients along with home made sauces and a complete selection of store-bought as well. Our entree will a Pad Thai that you will create yourself, choosing from shrimp, chicken, crab, pork and all kinds of vegetables and sauces. Remember, there are as many recipes for Pat Thai as there are Thai cooks! so the combinations are endless. This will be an intense, action filled class with a lot of food to prepare in a short period of time. If your taste buds are leaning toward spicy Thai food (that you control) then this is a class you will not want to miss. This is not a class for wimps! Take home recipes; don't forget that we eat what we fix so bring an appetite! \$15 food fee due instructor at class time.

1 Sessions \$50
Instructor: James Davis
352777 Ross Boddy CC 5/21 Tu 6:30pm - 9:30pm

*Spice Up
Your
Kitchen!*

*Learn new
cooking
skills and
have some
fun!*



A Real Pressure Cooker Class

This wonderful kitchen appliance is not like your grandma's pressure cooker, the new designs make this one of the safest implements you can use in the kitchen. The Pressure Cookers we will be using are the best available. The first course will be a Potato, Leek and Pea Soup Beef. The entree will be Pot Roast that makes its own wonderful sauce served with Pasta, and a dessert of Mom's Rice Pudding. Take-home recipes and generic pressure cooker instructions are provided; \$15 food fee due instructor at class time.

1 Sessions \$65
Instructor: James Davis
352780 Ross Boddy CC 6/29 Sa 10:30am - 2:30pm

Southern Summer Supper

Ages 15 & Up: Come join us for an authentic Southern classic menu that won't disappoint. The menu is so delicious and easy, you'll want to make it again and again this summer. It's a dinner that the kids will love, and the grown-ups can't resist! Come for a full & satisfying supper: Tender Oven-Baked BBQ Chicken, Sweet & Sour Coleslaw, Tangy-Spiced Baked Beans, the sweetest Cornbread you've ever tasted, and fresh squeezed lemonade. For dessert we'll prepare homemade, in-season, Strawberry Shortcake with fresh whipped cream. You won't want to miss this meal! A \$15 food fee is due to the instructor at class time.

1 Sessions \$50
Instructor: Sherry Vatis
351722 White Oak CC 6/6 Th 6:00pm - 8:30pm

A Wonderful Dinner Party

Ages 15 & Up: This is the Dinner Party that you have always dreamed about doing for your friends, boss or family. We'll show you how to plan it, prepare it, serve it and even select the wines to go with it. Starting with a beautiful center-of-the-plate Poulet Basquaise (Anthony Bourdain's recipe for braised chicken from Les Halle) a stunning Rice Pilaf and a fresh green vegetable. You will stun your guests when you serve them a home made Bitter Sweet Chocolate Tart topped with Whipped Cream. You will be as surprised as they are when you find out how easy it is to prepare. This will become a family favorite dinner, and your guests will all ask for the recipes (which you do not have to share!). We eat what we fix so bring an appetite and join us for a great time. Take home recipes. \$15 food fee due instructor at class time.

1 Sessions \$65
Instructor: James Davis
352773 Ross Boddy CC 4/16 Tu 6:30pm - 9:30pm



New World Wines

WINE & DINE-ADULTS

Wonderful Wines of the Rhone Valley

Ages 21 & Up: The Rhone Valley produces some of the finest and most distinctive wines in the world. The reds can offer complexities that are exciting and profound. Add the best whites, rich, earthy and so solidly structured that they make many Chardonnays seem tame. We will prepare a typical Lyonnaise Sausage Dish and a Bouillabaisse from Lyon as well. Then a Cheese Platter of Rhone Valley Cheeses that will have to feature Fourme d'Ambert. Make this a Friday date night out so round up a baby sitter (if necessary) and sign up now for a class with a reputation for fun and good food as well as good wine and a little education. Take home recipes and extensive wine notes provided. \$20 food and wine fee due instructor at class time.

1 Sessions \$55
Instructor: James Davis
352781 Ross Boddy CC 4/12 F 7:00pm - 10:00pm

New World Wines of New Zealand!

Ages 21 & Up: Wine making and vine growing go back to colonial times. New Zealand Sauvignon Blanc is like a child who inherits the best of both parents-exotic aromas found in certain Sauvignon Blancs from the New World and the pungency and limy acidity of an Old World Sauvignon Blanc like Sancerre from the Loire Valley. So we will experience it all, along with their world famous Pinot Noir and other wines that New Zealand has to offer, all readily available in Montgomery County. We'll be matching the wines with New Zealand's favorite street food, a home made sausage roll with a spicy hot mustard and a Fish Chowder that will set you free! And of course we have to have lamb in some form (yet to be determined!). Make this a Friday date night out! Sign up now for a class with a reputation for fun and good food as well as good wine and a little education. Take home recipes and extensive wine notes provided. \$20 food and wine fee due instructor at class time.

1 Sessions \$52
Instructor: James Davis
352783 Ross Boddy CC 5/3 F 7:00pm - 10:00pm

Food First then the Wine

Ages 21 & Up: For more than 7 years, we have based our wine classes on a specific region, then match the food from that region with the wines. We are going to select the recipes first and ask your participation by sending me an email with your suggestions based on the criteria provided below. The criteria is this: We will prepare three recipes; 1). a light, white dish featuring chicken, seafood or pork, 2). A dish using cheese in any form and, 3). A dish featuring a red meat of any kind. The dish you suggest can be spicy or plain, hot or cold, easy or difficult. Send me the name of the dish along with a recipe or a reference online to a recipe or description of the dish. I will select three students that have submitted suggestions to assist me in the final selection. They will also be invited to go to the wine store to select the wines for the class. Please submit your suggestions as soon as possible after you register, but no later than 10 days before the start of class to jdavis@jimthewineguy.com. Take home recipes and detailed wine notes provided. \$20 food fee due to the instructor.

1 Sessions \$50
Instructor: James Davis
352792 Ross Boddy CC 6/7 F 7:00pm - 10:00pm

FITNESS & WELLNESS

AEROBIC DANCE

Ballet Workout

Ages 16 & Up: A unique class with classical music that combines basic ballet (posture and alignment), Pilates, low impact cardio, weight bearing exercises, and other techniques. Participants learn a combination of stretches and movements to improve energy, flexibility, core strength, and balance. Bring light hand weights, a mat and workout shoes. Instructor: former professional dancer, ACE certified owner of Fitness Care LLC and 35+ year experience. Questions: Call 301-942-5168.

9 Sessions \$72
Instructor: Esther Brunner
351409 Luxmanor ES 4/9 Tu 7:15pm - 8:15pm

Dance & Fitness

Ages 16 & Up: (13-15 if accompanied by a parent/guardian). Complete cardiovascular aerobic workout for all those who love music and movement - women and men! Includes flexibility and leg routines leading into a full aerobic workout and final cool down, weights, abdominal work and cool down stretch. Varied music and interesting choreography from trained, experienced and CPR certified instructors. Wear supportive athletic shoes, bring a mat/blanket for floor work, and hand weights (optional). Questions email at dancenfitness@verizon.net

20 Sessions \$140
Instructor: Lois Antos
351606 Veirs Mill Local Park 4/2 Tu, Th 9:30am - 10:30am
Instructor: Roz Horn
351607 Bauer Drive CC 4/2 Tu, Th 4:30pm - 5:30pm
Instructor: Alice Donnelly
351608 Potomac CC 4/2 Tu, Th 6:00pm - 7:00pm
Instructor: Katy Weimers
351609 Rock View ES 4/2 Tu, Th 7:00pm - 8:00pm
Instructor: Jinjer Azureé
351610 Jane E. Lawton CC 4/3 W, M 6:00pm - 7:00pm
Instructor: Elaine Waldstreicher
351611 Mid County CC 4/3 W, M 7:30pm - 8:30pm

Dance & Fitness Add a Class

Ages 16 & Up: Add a THIRD day to your workout routine and see your strength and endurance improve! Pick any day Monday -Thursday or Saturday during our regular classes and keep dancing at a different location! Questions contact dancenfitness@verizon.net

10 Sessions \$70
Instructor: Katy Weimers
351612 Veirs Mill Local Park 4/6 Sa 9:00am - 10:00am

Jacki Sorensen's Aerobic Dance

Ages 16 & Up: Complete, safe, effective and fun fitness program that burns calories and increases flexibility, strength and endurance. All routines are adaptable to low impact and low intensity levels through self pacing. Heart rate monitoring and 'on your feet' muscle strengthening. Bring mat and hand and/or ankle weights (optional). Questions? Call Karin at: 240-207-3091.

10 Sessions \$70
Instructor: Karin Baker
351389 Potomac CC 4/9 Tu 9:00am - 10:00am
351390 Potomac CC 4/11 Th 9:00am - 10:00am

RecWeb

Online Registration... Anytime! Anywhere!

- Check program availability
- Register for programs and memberships
- Pay your account balance using your VISA or MasterCard





ACT THE WORKOUT

AEROBIC CONDITIONING AND TONING

3 Month Pass

ACT provides a vigorous, easy to follow coed class for ages 16 & up. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Program is designed to allow self pacing for those who wish to work at low impact steps.

Plan your workout around your schedule and attend class at any of our convenient locations.

Passes available for 12, 18, 24, and 36 classes - your choice!

Pass is valid for 3 months from the first class attended

Take your access card and receipt to any class location and check-in with front desk staff

Registration begins February 11, 2013

Location	Days	Times:
Wheaton CC	M, T, W, Th	6:00pm-7:00pm
Bauer Dr. CC	M, W	5:00pm-6:00pm
Praisner CC	M, W	7:00pm-8:00pm
Potomac CC	T, Th	7:00pm-8:00pm
Wheaton CC	Sa	9:00am-10:00am
Wheaton CC	Su	9:30am-10:30am

ACT- 36 Passes- \$189.00

ACT- 24 Passes- \$132.00

ACT- 18 Passes- \$103.50

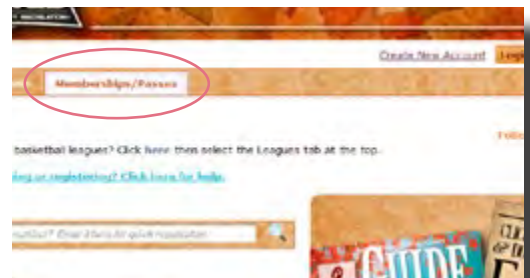
ACT- 12 Passes- \$72.00



Registering Has Never Been Easier!

Look For the New ACT Pass Online at recweb.montgomerycountymd.gov

1. On RecWeb, Click on the Membership/ Passes Tab.



2. Select ACT, Choose Your Pass Amount, & Click Add



3. Begin Checkout. It Is That Easy!

Zumba with Step-n-Sweat Fitness

Ages 16 & Up (13-15 if accompanied by parent or guardian): It's time to 'Ditch the Workout and Join the Zumba party with Cheryl Hicks and her awesome instructors. This latin based cardio workout will have you burning up to 1000 calories an hour, while having fun. If you like to dance and shake, then this is the class for you. Move to the sounds of soca, salsa, merengue, hip hop, reggaetone, old and new school and of course line dances. The instructor brings 29 years of energetic experience to every class and incorporates lots of interaction with her students. For more information, contact Cheryl Hicks at chicks2@mindspring.com, 301-642-0612 or go to zumba.com. There's a Party going on in this Zumba class, so come and join us!!!!

4 Sessions	\$40				
Instructor:Step-n-Sweat Fitness					
352115 Mid County CC	5/18	Sa	10:30am -11:30am		
5 Sessions	\$50				
Instructor:Step-n-Sweat Fitness					
352107 White Oak CC	4/9	Tu	7:00pm - 8:00pm		
352108 White Oak CC	4/11	Th	7:00pm - 8:00pm		
352109 Longwood CC	4/11	Th	7:00pm - 8:00pm		
352111 Wisconsin Place CC	4/11	Th	9:30am -10:30am		
352110 Mid County CC	4/13	Sa	10:30am -11:30am		
352112 White Oak CC	5/14	Tu	7:00pm - 8:00pm		
352113 White Oak CC	5/16	Th	7:00pm - 8:00pm		
352114 Longwood CC	5/16	Th	7:00pm - 8:00pm		
352116 Wisconsin Place CC	5/16	Th	9:30am -10:30am		

Zumba Fitness with Definition

Ages 16 & Up: Zumba is a dance-like type of fitness that gets your whole body moving, is fun, and burns calories! It mixes Latin and International rhythms, music, and steps to get energy levels pumping. It is cardiovascular aerobic exercise that is sure to give you a great workout! Varied music and interesting choreography from trained, experienced and CPR certified instructors. Questions please contact Juliet Rodman at (301) 229-7555 or Juliet@wellnesscorporatesolutions.com

18 Sessions	\$126				
Instructor:Juliet Rodman					
352143 Clara Barton CC	4/8	M, F	9:15am -10:15am		

Zumba

Ages 16 & Up: (13-15 if accompanied by a parent/guardian). Beginner/Intermediate: Fitness combine mesmerizing Latin rhythms with easy to follow moves to create a dynamic fitness program. One invigorating hour of caloric-burning, and body-energizing. Zumba provides an opportunity to creatively exercise while dancing your stress away! For more information contact Melissa Moreira at 301-318-9379 or email at myzumba.n.u@gmail.com

8 Sessions	\$80				
Instructor:Halo Dance Studio					
351353 Marilyn J. Praisner CC	4/8	M	6:00pm - 7:00pm		
351355 Bauer Drive CC	4/13	Sa	9:15am -10:15am		
351359 Potomac CC	4/13	Sa	9:30am -10:30am		
9 Sessions	\$90				
Instructor:Halo Dance Studio					
351354 Wisconsin Place CC	4/9	Tu	7:00pm - 8:00pm		
351357 Germantown CC	4/9	Tu	7:15pm - 8:15pm		
351360 Marilyn J. Praisner CC	4/10	W	6:00pm - 7:00pm		
351356 Wisconsin Place CC	4/11	Th	7:00pm - 8:00pm		
351358 Germantown CC	4/11	Th	7:15pm - 8:15pm		

Zumba with Zukossa Fitness

Ages 13 & Up: Zumba is a fun, aerobic dance workout that incorporates salsa, merengue, cumbia, reggaeton and other international music that works the body and lifts the spirit. The Zukossa Fitness team, lead by Janet Awokoya, infuses various African and Caribbean dance movements for an even greater, dynamic workout! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Burn 400-1000 calories in one hour! For more information contact Janet Awokoya at: zumbawithjanet@gmail.com

8 Sessions	\$80				
Instructor:Zukossa Fitness Team					
351361 Schweinhaut SC	4/8	M	7:00pm - 8:00pm		
351363 East County CC	4/9	Tu	6:00pm - 7:00pm		
351362 Schweinhaut SC	4/10	W	7:00pm - 8:00pm		

Zumba

Zumba is a fitness class that combines dance and fitness moves. Inspired by Latin dance and music, Zumba uses a variety of styles in its routines, including Cumbia, Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco, and a Hip Hop. Music selections include both fast and slow rhythms to help tone and sculpt the body. Come Join The Party! This class is not done in the water.

9 Sessions	\$48				
Instructor:Wellness Network, Inc					
351700 Olney Swim Center	3/19	Tu	7:00pm - 7:50pm		
351701 Olney Swim Center	3/21	Th	7:00pm - 7:50pm		





AEROBIC EXERCISE

Better Bodies by Jerry

Adults: This fun, effective and safe workout is designed for everyone (co-ed) and incorporates some Zumba, kickboxing and traditional aerobic moves. Participants will burn fat, tone muscles and strengthen bones - all while having FUN! This is a low impact, high energy workout, so bring a mat, hand weights and a resistance band. This class includes warm-up, cardio, strength training and a relaxing cool down. For questions please contact GettingFitwithJerry@comcast.net.

9 Sessions	\$63				
Instructor: Jerry Palazzo					
351382 Churchill, Winston HS	4/9	Tu	5:45pm - 6:45pm		
351383 Churchill, Winston HS	4/11	Th	5:45pm - 6:45pm		

Dynaerobics

Ages 16 & Up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

16 Sessions	\$112				
Instructor: Lee Berry					
351913 Wyngate ES	4/8	M, W	6:00pm - 7:00pm		
Instructor: Nancy Dameron					
351914 Cloverly ES	4/8	M, W	6:30pm - 7:30pm		
Instructor: Gail Oring					
351915 Bauer Drive CC	4/9	Tu, Th	6:00pm - 7:00pm		

Dynaerobics AND Body Sculpting

Ages 16 & Up (13-15 if accompanied by parent or guardian): A total program, perfect for cross trainers. Energizing warm up, choreographed, safe high and low impact aerobics. Last 30min of class gives special attention to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

8 Sessions	\$70				
Instructor: Regina Gaither					
351934 Bauer Drive CC	4/13	Sa	10:15am - 11:30am		

Jacki Sorensen's Strong Step

Ages 16 & Up: A high energy low impact fitness class; a blend of exercise, bench and resistance training providing a full body workout. Students can adjust step level to vary intensity. Participants provide own step and exercise mat 1-6 lbs. hand weights (optional). Limited steps available for class use. Call instructor to verify availability at (240)-207-3091.

10 Sessions	\$70				
Instructor: Karin Baker					
351393 Potomac CC	4/12	F	9:00am - 10:00am		

Jazzmatazz Low Impact Aerobics

Ages 16 & Up: A terrific combination of Pilates Mat Work plus a low impact/high intensity aerobic workout. Gain core strength, general muscular strength and flexibility in addition to cardiovascular and respiratory improvement through lively music and carefully choreographed routines. Students are strongly urged to register for both Tuesday & Thursday to achieve the best results.

9 Sessions	\$63				
Instructor: Betsy Saunders					
351348 Wheaton CC	4/9	Tu	7:15pm - 8:15pm		
351349 Wheaton CC	4/11	Th	7:15pm - 8:15pm		

Jazzmatazz Aerobics Light

Ages 16 & Up: Dance in an energetic, fun filled workout choreographed to great music! This class emphasizes both cardiovascular strength & endurance (moderate level low impact aerobic dancing) along with muscular strength & flexibility (floor exercises). To achieve best results, students are strongly encouraged to register for both Tuesday & Thursday.

9 Sessions	\$63				
Instructor: Betsy Saunders					
351350 Bauer Drive CC	4/9	Tu	9:30am - 10:30am		
351351 Bauer Drive CC	4/11	Th	9:30am - 10:30am		

Kelley's Complete Fitness Workout

Ages 13 & Up: A safe, effective co-ed program that strengthens and tones ALL major muscle groups. The instructor incorporates elements of Yoga, Pilates, Kickboxing, and traditional exercise into a total body workout that is choreographed to appropriate music. Emphasis is placed on proper execution, body alignment, and posture; each class concludes with a relaxation segment. Bring a towel or mat to class; light hand weights are optional. Instructor has a BS degree in Physical Education and over 20 years of experience. Questions contact Pamat: 301-774-6342.

8 Sessions	\$67				
Instructor: Pamela Kelley					
351425 Wheaton CC	4/8	M	9:15am - 10:30am		
351429 Longwood CC	4/8	M	7:15pm - 8:30pm		
10 Sessions	\$83				
Instructor: Pamela Kelley					
351428 Longwood CC	4/3	W	7:15pm - 8:30pm		
351427 Bauer Drive CC	4/3	W	9:10am - 10:25am		
351426 Wheaton CC	4/4	Th	9:15am - 10:30am		

Movin' with Millie: Aerobics & Exercise

Ages 16 & Up: Set to positive, upbeat music, Movin' with Millie: Aerobics and Exercise is a unique exercise experience, beginning with a total body warm up, aerobic conditioning for cardiovascular fitness, and floor exercises for toning hips, thighs, abdominals, and gluteals. Program provides flexibility, endurance, and strength training. Please bring a mat, exercise bands, and hand weights to class. Questions: call Millie at 301-588-3577 or email at mtrimble3@juno.com.

10 Sessions	\$77				
Instructor: Mildred Norwood Trimble					
351431 Pilgrim Hills Local Park	4/3	W	9:30am - 10:45am		
351432 Pilgrim Hills Local Park	4/5	F	9:30am - 10:45am		

FIND US FAST ON
YOUR SMARTPHONE



Add a little to
your workout.
register for an
aerobics class
today!



MEDITATION

Meditation Practice

Ages 18 & Up: For those who want to establish a regular non-denominational meditation practice. In each session, we will practice different forms of guided meditation, with short periods of silence woven through and time for reflection afterwards. Meditation techniques will include awareness of thoughts, breath, body, and words or mantras.

Some meditation experience is helpful, but not required. Come join us to practice meditation in this peaceful environment. For further information please contact instructor at joy@seeking-peace.com.

6 Sessions \$54
Instructor: Joy Rains
351605 Davis Community Library 4/11 Th 7:00pm - 8:00pm

Meditation and Qigong for Health

Ages 16 & Up (13-15 if accompanied by parent or guardian): Learn the secrets of Qigong and Meditation in this special class. You will learn how to use guided imagery and breathing techniques to relax your mind and rejuvenate your energy. We will use selected Qigong movements to gently stretch and strengthen the body. You will find something here to deepen your practice and enrich your life. This class will feature a gentle workout. No experience required. Class taught by TCCII Instructors. For more information contact TCCII at info@tccii.com.

9 Sessions \$108
Instructor: Traditional Chinese Culture Institute
351421 White Oak CC 4/11 Th 7:30pm - 8:30pm

Meditation and Qi Gong

Ages 18 & Up: Beginners. These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. The concept of qi or vital life energy is at the root of Chinese Medicine. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene, but aware state of mind. The graceful movements stretch and massage the acupuncture meridians. Therefore, Qigong is also known as 'acupuncture without the needles.' For more information contact Louise @ 301-528-1174 or louise2001dialogue@yahoo.com

9 Sessions \$108
Instructor: Louise Liu
352092 White Oak CC 4/9 Tu 11:30am - 12:30pm
352823 Wisconsin Place CC 4/12 Fr 11:00am - 12:00pm



Meditation Practice

MORE FITNESS & WELLNESS

NEW *Change Your Mind, Change Your Body*

Ages 30 & Up (Women Only): A comprehensive, holistic and compassionate approach to the struggle of taking the best care of ourselves possible, losing weight and keeping it off. This women only workshop is designed for those who have significant weight to lose as well as those who are trying to maintain a healthy weight. The program addresses the needs of every fitness level, with a focus on the health and life issues. What makes this program unique is that it takes into consideration individual life circumstances so that every participant can personalize their experience. At the end of the workshop, you will have a better understanding as to why diets don't work, changed your definition of weight loss success, identified stressors and behavior patterns that are holding you back, and learned a myriad of strategies that will help you achieve your goals and optimal lifelong health. The instructor is a registered Clinical Exercise Physiologist, works with participants to achieve weight loss and fitness goals, ultimately reducing the risk of chronic disease and promoting a long healthy life. For more information call Jody Miller at 301-299-6586 or email jody@changeyourmindchangeyourbody.net.

8 Sessions \$200
Instructor: Jody Miller
351352 Davis Community Library 4/10 W 7:00pm - 8:15pm

Group Personal Training

Ages 14 & Up: For Youth and Adults-Small group instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program, monitoring clients progress, motivating clients, and more. Instructors are Certified Trainers. Questions? Call Fred Mosby at (240)552-2227 or fmosby@verizon.net

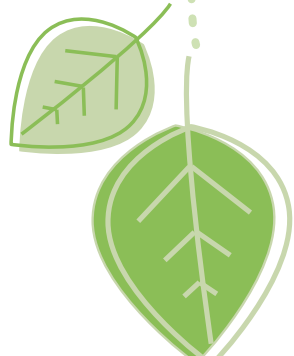
4 Sessions \$70
Instructor: Fred Mosby
351374 Germantown CC 4/20 Sa 11:00am - 12:00pm

HulalaFit!

Ages 16 & Up (13-15 if accompanied by parent or guardian):

It's a new revolution in fitness. Add an adult-sized hoop and you've got a body-sculpting fitness tool integrated into your favorite workouts. This class combines hoop moves and skills with cardio dance, pilates, yoga, strength training and stretching for a slender, toned and defined physique. Go a little wild and put a new spin on your workout! Hoops provided in class, optional to purchase from instructor or bring your own. Bring a mat. For more information, email hoopflair@hulalaFit.com or visit www.hulalaFit.com.

8 Sessions \$64
Instructor: Jeanne M. Lieder
350550 Bauer Drive CC 4/11 Th 7:15pm - 8:15pm





*2013 is your
year to get in
shape!*

*Sign up for
an exercise
class
today!*

HYPE!

Ages 16 & Up (13-15 if accompanied by parent or guardian): Finally, a workout with levels, for all levels! A high-energy mix of boxing and body sculpt, HYPE! gives you the power to choose your level. Each exercise starts with basic moves which increase in complexity and intensity as you level up. Shed fat and tone the entire body as you sculpt your abs, arms, shoulders, and legs for ripped definition. Weighted gloves optional. Bring a mat. Questions? Contact Jeanne@hypetheworkout.com or visit www.hypetheworkout.com.

8 Sessions \$64
Instructor: Jeanne M. Lieder
350549 Bauer Drive CC 4/9 Tu 7:15pm - 8:15pm

Laughter Fitness

Ages 13 & Up: As we know, laughter is the best medicine, this workout includes laughing exercise, breathing and memory enhancement techniques which rejuvenate brain power and enrich overall health. This is the fun way to be happy and healthy. It reduces stress, anxiety and depression, calms mind, increase energy level and improves concentration. This is not a traditional yoga class.

7 Sessions \$66
Instructor: Kumud Mathur
351128 Potomac CC 4/9 Tu 11:15am - 12:00pm



The Ultimate Boxing Boot Camp for Youth and Adults

Youth ages 10-15 and Adult ages 16 & Up: Beginners-Advanced Students. Introduction to a boxer's workout and continued skill development. Teaches students offense and self defense techniques, allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact. Instructor is a former kickboxing champion with 28 years experience. Light sparring with instructor ONLY. All protective equipment provided. Use it alone or as a complement to The Dynamic Ab Workout for Youth and Adults. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-L@hotmail.com

8 Sessions \$83
Instructor: Larry Johnson
351966 Bethesda-CC HS 4/8 M 5:45pm - 7:00pm
351962 White Oak CC 4/9 Tu 5:45pm - 7:00pm
351963 Wheaton CC 4/10 W 5:45pm - 7:00pm
351964 East County CC 4/11 Th 5:45pm - 7:00pm
351965 Marilyn J. Praisner CC 4/13 Sa 11:15am - 12:30pm

The Dynamic Ab Challenge for Youth and Adults

Youth ages 6-15 and Adult ages 16 & Up: Beginners-Advanced Students. Improve cardiovascular fitness, strengthen abdominal region, and burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment. An added bonus instructor will also supply jump ropes that will optimize cardiovascular conditioning and maximizes athletic skills combining agility, coordination, timing, and endurance. Both focus on fat burning, calorie-blasting that can easily be incorporated into anyone's lifestyle. A great activity that the whole family can do together and get fit! (Bethesda/Chevy Chase HS-location please bring a mat to class for floor work). Use it alone or as a complement to The Ultimate Boxing Workout for Youth and Adult. Questions call Larry Johnson at: 240-424-1306 or email at Johnson-L@hotmail.com

8 Sessions \$50
Instructor: Larry Johnson
351972 Bethesda-CC HS 4/8 M 7:00pm - 7:45pm
351969 White Oak CC 4/9 Tu 7:00pm - 7:45pm
351970 East County CC 4/11 Th 7:00pm - 7:45pm
351971 Marilyn J. Praisner CC 4/13 Sa 12:30pm - 1:15pm

PILATES

Stability Ball Workout

Ages 16 & Up: A non-aerobic, new and different approach to total fitness. Experience balance, core stabilization, flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer. Bring a mat/towel and 65 cm exercise ball to class. For more information contact Fred Mosby at 240-552-2227 or email at: fmosby@verizon.net

8 Sessions \$80
Instructor: Fred Mosby
351370 Germantown CC 5/14 Tu, Th 6:00pm - 7:00pm

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen the muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

8 Sessions \$62
Instructor: Sally Dimsdale
351528 Kennedy Shriver Aq Ctr 3/16 Sa 8:30am - 9:30am

STRENGTH TRAINING & BODY SCULPTING

Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body.

9 Sessions	\$48				
Instructor:Sally Dimsdale					
351163 Kennedy Shriver AqCtr	3/19	Tu	6:30pm - 7:20pm		
351164 Kennedy Shriver AqCtr	3/21	Th	6:30pm - 7:20pm		

Body Sculpt

Ages 16 & Up: Build Strength, Increase Flexibility, and learn Stretching techniques all in one class. Look and feel good in this no-impact program that works your entire body! Your bones and muscles will be stronger and your balance will improve. Energize your body! Bring a mat and hand weights. Call Instructor Karin Baker with any questions (240) 207-3091.

9 Sessions	\$63				
Instructor:Karin Baker					
351404 Damascus CC	4/8	M	5:45pm - 6:30pm		
10 Sessions	\$70				
Instructor:Karin Baker					
351405 Damascus CC	4/10	W	5:45pm - 6:30pm		

NEW Category 4 Fitness Boot Camp

Ages 18 & Up: Do you feel like you are doing the same fitness routine week after week? Are you ready to get re-energized? Spice it up with Category 4 Fitness Boot Camp! Get out and enjoy this experience with family, friends and neighbors. Team work and encouragement from your fellow boot campers will help you achieve your fitness goals. It will simply push you to limits not capable in ordinary gym. Category 4 Fitness Boot Camp is a fitness program instructed by an ISSA certified fitness trainer. This is a 60 minute program that incorporates cardio, resistance and core exercise training. We use a very specific interval training system that is broken down into 30 seconds to 1 minute segments that simply challenge all fitness levels, to get the results you desire. Get ready for the spring and train like a hurricane! For more information visit: www.category4fitness.com or contact Tommy at tommywiz@category4fitness.com

9 Sessions	\$95				
Instructor:Thomas Witz					
351940 Germantown CC	4/8	M	7:30pm - 8:30pm		
351941 Germantown CC	4/10	W	7:30pm - 8:30pm		
351942 Germantown CC	4/13	Sa	9:00am -10:30am		
18 Sessions	\$170				
Instructor:Thomas Witz					
351945 Germantown CC	4/8	M,Sa	7:30pm -8:30pm		
351943 Germantown CC	4/8	M, W	7:30pm - 8:30pm		
351944 Germantown CC	4/10	W,Sa	9:00am -10:00am		

Bone Builders - Plus

Adult: Have fun improving and building your bone health, in a coed class designed to improve bone density, while preventing /slowing down further bone loss. The class is organized to strengthen all major muscle groups, to gain better balance and to improve posture. A variety of exercises will be done standing or sitting, using provided weights and exercise bands, while receiving personalized attention tailored to your body's needs. Signing up for two classes per week will achieve optimal results. If you want to improve your bone health, this is the class for you! Questions contact: GettingFitwithJerry@comcast.net.

8 Sessions	\$56				
Instructor:Jerry Palazzo					
351380 Jane E. Lawton CC	4/8	M	10:00am -11:00am		
9 Sessions	\$63				
Instructor:Jerry Palazzo					
351381 Jane E. Lawton CC	4/10	W	10:00am -11:00am		

NEW BOSU Workout

Ages 16 & Up (13-15 if accompanied by parent or guardian): This workout uses many of the familiar workout elements such as leg raises, lunges, abdominal crunches, push-ups and stretches, however using the BOSU balance trainer gives them a unique twist that will recharge your body and improve your coordination and balance. For more information contact Fred Mosby at: fmosby@verizon.net or 240-552-2227.

12 Sessions	\$120				
Instructor:Fred Mosby					
351369 Germantown CC	4/2	Tu, Th	6:00pm - 7:00pm		

Definition Body Sculpting

Ages 16 & Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Body composition (body fat) measurements will be offered at the beginning and end of classes for free. Participants will be able to track their individual progress! Instructor ACE & CPR certified. Questions call Juliet Rodman at: 301-229-7555 or email at Juliet@wellnesscorporatesolutions.com

18 Sessions	\$126				
Instructor:Juliet Rodman					
352130 Clara Barton CC	4/9	Tu, Th	6:30pm - 7:30pm		
352129 Clara Barton CC	4/9	Tu, Th	9:15am -10:15am		

Dynaerobics Body Sculpting

Ages 16 & Up (13-15 if accompanied by parent or guardian): A serious workout to firm all major muscle groups. Special attention given to the abdominals, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional. Owned and choreographed by Ferhan Kiper Doyle. Questions contact Ferhan Kiper Doyle at FerhanDoyle@aol.com

16 Sessions	\$112				
Instructor:Gina Dols					
351935 Bauer Drive CC	4/8	M, W	6:00pm - 7:00pm		

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YOGA

Easy Yoga with Moira Martin

Ages 16 & Up: A slower pace for mixed levels that modifies basic yoga poses to enhance each individual experience. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing. Questions call Moira at 301-493-9065.

7 Sessions \$101
Instructor: Moira Martin
351410 Jane E. Lawton CC 4/11 Th 9:30am -10:45am

Essential Yoga for Beginners

Ages 16 & up: This is a beginning yoga class that is suitable for new students and students wanting a simpler class. Classes focus on the fundamentals, including posture, alignment, breath and foundational yogic concepts. Perfect for first time and continuing students. Bring a yoga mat and blanket. Wear comfortable clothes. Bare feet are essential. Contact Tamara at (301) 891-1247 or tjhealth@earthlink.net for further information.

9 Sessions \$90
Instructor: Tamara Johnson
350552 Gwendolyn Coffield CC 4/11 Th 6:00pm - 7:00pm

Evening Yoga

Ages 18 and Up: for beginning and continuing students. Learn to bring your mind, body and spirit into harmony and balance. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Contact the instructor in advance of first class with any questions at: robin.michele.morris@gmail.com.

9 Sessions \$90
Instructor: Robin Morris
351411 Wisconsin Place CC 4/10 W 6:15pm - 7:15pm

Gentle Yoga

Ages 16 & Up (14-15 if accompanied by parent or guardian): For beginning and continuing students. Combines warm-ups, gentle postures, and yogic breathing to improve mobility and reduce stress. We will learn the basic principles of body alignment and breathe awareness, inspired by a meaningful intention and a joyful attitude. Each class consists of gentle postures that stretch, strengthen, and balance your body, ending in deep relaxation. The instructor encourages students to listen to their bodies and progress at their own pace. Wear non-restrictive comfortable clothes. Bare feet are essential. Bring a yoga mat and blanket. Contact the instructor in advance of first class with any questions or to purchase materials: (Irene Bopp) Irene54@aol.com or (Linda Lazarus) at: lindalazarus@starpower.net

9 Sessions \$90
Instructor: Irene Bopp
350558 Bauer Drive CC 4/9 Tu 6:15pm - 7:15pm

NEW Hatha Yoga I

Ages 18 & Up (15-17 if accompanied by parent or guardian): This traditional style of Hatha Yoga class is ideal for both the complete beginner as well as experienced beginner. The class focuses on a steady energy flow through several asanas with frequent explanation on the finer points along with an emphasis on alignment and breathing. Students will learn the usage of props when needed along with the proper way to begin each asana. The class will also include breathing techniques, deep relaxation and meditation. Students need to bring a sticky mat and wear comfortable clothes. For more information contact Kathy @ kathylennhoff@aol.com

8 Sessions \$88
Instructor: Kathy Smith
350569 Damascus CC 4/9 Tu 7:00pm - 8:15pm
350570 Damascus CC 4/11 Th 10:15am -11:45am

Hatha Yoga and Stress Management

Age 18 & Up: Beginner. Postures and exercises to tone, firm and realign body; relaxation, visualization and stress management. Bring blanket or mat to class.

9 Sessions \$90
Instructor: Suzana Cooper
351384 Jane E. Lawton CC 4/5 F 10:45am -11:45am

Hatha Yoga and Stress Management 2

Age 18 & Up: Intermediate/Advanced. Prerequisite-beginner class with Cooper.

9 Sessions \$112
Instructor: Suzana Cooper
351385 Jane E. Lawton CC 4/5 F 9:30am -10:45am

Hatha Yoga & Stress Management Beg/Con

Age 18 & Up: Continuing Students & Beginners. Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

9 Sessions \$112
Instructor: Suzana Cooper
351386 Wisconsin Place CC 4/6 Sa 9:45am -11:00am
10 Sessions \$125
Instructor: Suzana Cooper
351387 Jane E. Lawton CC 4/3 W 9:30am -10:45am

Massage Ball Workshop

Ages 16 & Up: This workshop is on the use of massage ball for relieving pain and increasing neck, shoulder and spine mobility. Massage ball provide self-help measures for achieving deep tissue massage. The workshop also employs stretches to improve the range of motion of shoulders and back. It will address the needs of anyone who experiences body stiffness or pain, including runners and desk-bound workers. The techniques, learned once, are to be used at home or office. Participants are provided with one body massage ball and a material fee of \$22 paid to instructor. Please wear non-restrictive clothing and bring a water bottle to class. The location: Potomac Methodist Church, 9908 South Glen Road. For more information call Maggie 301-365-2424, email Maggie@yogaplus.com or visit her website at: www.yogaplus.com

1 Sessions \$40
Instructor: Maggie Wong
350567 Yoga Plus - Potomac 4/21 Su 3:00pm - 5:00pm

Vini Yoga

Ages 14 & Up: For continuing and beginning students. Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility, and learn to release tension. Introduction to meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058.

9 Sessions	\$112				
Instructor: Pat Miller					
351377 Potomac CC	4/11	Th	9:15am - 10:30am		
351378 Potomac CC	4/11	Th	6:30pm - 7:45pm		

Vini Yoga Intermediate

Ages 14 & Up: For continuing students. Previous yoga experience required. More emphasis on sequences, breathing, & meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058.

8 Sessions	\$100				
Instructor: Pat Miller					
351379 Potomac CC	4/8	M	6:30pm - 7:45pm		

Vini Easy Going Yoga

For Seniors and All Others 14 & Up: For continuing and beginning students. Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility; release tension. Introduces meditation. Bring a mat or towel and wear comfortable clothing. Questions contact Pat at: 301-251-1058.

9 Sessions	\$112				
Instructor: Pat Miller					
351376 Potomac CC	4/11	Th	10:45am - 12:00pm		

Yoga Basics

Ages 16 & Up (14-15 if accompanied by parent or guardian): Introduces beginning and continuing students to yogic principles of body alignment and breathing awareness. Emphasis is placed on standing poses and strengthening and stretching the legs, back, and shoulders. Benefits of this practice include improved muscle tone, increased circulation, better concentration, and deeper relaxation. Wear comfortable clothes such as t-shirts, shorts, tights, or leggings. Bare feet are essential. Bring a sticky yoga mat and a yoga blanket and blocks and straps. Contact instructor with questions or to buy materials: Irene Bopp at Irene54@aol.com.

9 Sessions	\$90				
Instructor: Irene Bopp					
350553 Bauer Drive CC	4/9	Tu	7:30pm - 8:30pm		
353423 Mid County CC	4/10	W	7:00pm - 8:00pm		
350554 Marilyn J. Praisner CC	4/11	Th	10:30am - 11:30am		
350555 Marilyn J. Praisner CC	4/11	Th	7:00pm - 8:00pm		

Yoga Fundamental

Ages 16 & Up: for beginning and continuing students. Enjoy a balanced practice with benefits for your body, mind and spirit. Stretch and tone muscle, release chronic tension, de-stress and refresh. Encourage self-acceptance, honor inner wisdom, and invite deep peace. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Each class ends with deep relaxation and meditation. This physically challenging class is designed for individuals who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, blanket and bare feet to class. Questions contact Nancy at: yogawithnancy@gmail.com.

9 Sessions	\$115				
Instructor: Nancy Neves					
353773 Bauer Drive CC	4/9	Tu	10:45am - 12:00pm		

Yoga & Free Weights

Ages 16 & Up: Yoga postures and movements for core muscle strengthening, flexibility, balance and relaxation; and weights for upper body toning. This is a mixed level class; the class is adjusted to meet the abilities and needs of the participants. Location: Carderock Clubhouse, 8200 Hamilton Spring Ct., Bethesda. For more info call Maggie 301-365-2424, maggie@yogaplus.com.

8 Sessions	\$120				
Instructor: Maggie Wong					
350562 Yoga Plus - Bethesda	4/9	Tu	9:00am - 10:30am		
350563 Yoga Plus - Bethesda	4/11	Th	9:00am - 10:30am		

Yoga for Relaxation

Ages 18 and Up: For beginning and continuing students. Relax, relieve tension and create a sense of calmness and well being as you improve flexibility, strength and energy. Classes begin with warm-up movements and breath awareness, followed by a sequence of yoga postures and end with deep relaxation. Students should wear comfortable clothing and bring a yoga mat. Questions? Email Robin at: robin.michele.morris@gmail.com.

9 Sessions	\$90				
Instructor: Robin Morris					
351412 Wisconsin Place CC	4/10	W	9:30am - 10:30am		

Yoga for Scoliosis & Healthy Back

Ages 16 & Up: The class is dedicated to strengthening the core muscles that are essential for supporting the back. People with scoliosis, back pain, posture issues or desk-bound computer users will benefit from this class. Instruction includes simple exercises for strengthening the body's natural back support structures, addressing inflexibility and pain, and calming the mind. Wear non-restrictive clothing and bring a yoga mat to class (or call to reserve a mat). Location: Potomac Methodist Church, 9908 South Glen Road. For more info, please call Maggie 301-365-2424, or email Maggie@yogaplus.com.

8 Sessions	\$120				
Instructor: Maggie Wong					
350564 Yoga Plus - Potomac	4/11	Th	7:30pm - 9:00pm		

Yoga for Stress Relief

Ages 16 & Up: Beginning and continuing students are welcome. Give yourself a mid-week treat with this class through the practice of yoga postures, breath awareness and techniques for calming and focusing your mind. Wear non-restrictive clothing and bring a yoga mat to class. Questions? Contact Hannah at Hannah@HannahLeatherbury.com or 770-712-3179.

9 Sessions	\$126				
Instructor: Hannah E. Leatherbury					
352086 Long Branch CC	4/10	W	6:30pm - 7:45pm		

Yoga Workshop for Scoliosis

Ages 16 & Up: This workshop is designed for people with scoliosis, back pain, posture issues and desk-bound sedentary workers. The workshop will address core muscle strength and employ stretches and movements tailored to scoliosis that are essential for supporting the back and improving range of motion. Includes exercises for strengthening the body's natural spinal support structures; addressing inflexibility and pain, stretching using a bar; and calming the mind. Participants are provided with one body massage ball. \$22 material fee of due to instructor. Please wear non-restrictive clothing and bring a water bottle. Location: Potomac Methodist Church, 9908 South Glen Rd. For more info, call Maggie 301-365-2424 or email Maggie@yogaplus.com.

1 Sessions	\$40				
Instructor: Maggie Wong					
350565 Yoga Plus - Potomac	4/28	Su	3:00pm - 5:00pm		



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TAI CHI

Tai Chi, Beginning

Ages 16 & Up (13-15 if accompanied by parent or guardian): An ancient Chinese exercise form practiced by millions for both physical and spiritual development. Benefits the top athlete or someone recovering from injuries or back problems. Tai Chi is a graceful, flowing form benefiting posture, strength and overall vitality. Wear loose clothing. People interested in observing a class before registering are welcome. For more info contact Elizabeth @ 240-676-8428.

8 Sessions	\$80			
Instructor: Andy Schettino				
351613 Bauer Drive CC	4/8	M	7:00pm - 8:00pm	
351615 Potomac CC	4/9	Tu	6:45pm - 7:45pm	
Instructor: Lon Holland				
351614 Pilgrim Hill Local Park	4/10	W	7:00pm - 8:00pm	

Tai Chi, Continuing

Ages 16 & Up (13-15 if accompanied by parent or guardian): Continuing Students Level II.

8 Sessions	\$80			
Instructor: Lon Holland				
351938 Pilgrim Hill Local Park	4/10	W	8:00pm - 9:00pm	
Instructor: Andy Schettino				
351937 Bauer Drive CC	4/8	M	8:00pm - 9:00pm	
351939 Potomac CC	4/9	Tu	7:45pm - 8:45pm	

Tai Chi Chuan, Intermediate

Ages 16 & Up: Deepen your Tai Chi with new forms and exercises to expand and enrich your practice. This class is open to anyone who successfully completed the basic curriculum and acquired a working knowledge of Chen Tai Chi's 13-posture and 36-posture forms. Talk to the instructor if you are unsure about your level. This class will focus on fine-tuning your forms and on developing some of the more subtle body mechanics involved in the practice of Tai Chi. This class will feature the original Chen Family Style of Taijiquan and will be taught by TCCII Instructors.

9 Sessions	\$108			
Instructor: Traditional Chinese Culture Institute				
351419 Wisconsin Place CC	4/9	Tu	7:30pm - 8:30pm	

Tai Chi and QiGong for Mind-Body Connection

Ages 16 & Up (13-15 if accompanied by parent or guardian): Experience Tai Chi, a special combination of Internal Kung Fu and QiGong, which develops strong connections between your mind and your body's internal energy. You will learn authentic Tai Chi forms, drills and QiGong techniques for developing agility, stamina, mental sharpness and awareness. This class will have light body contact and feature a light to moderate workout. Class taught by TCCII Instructors. For more information contact TCCII at info@tccii.com.

9 Sessions	\$108			
Instructor: Traditional Chinese Culture Institute				
351414 Wisconsin Place CC	4/9	Tu	6:30pm - 7:30pm	
351415 White Oak CC	4/11	Th	6:30pm - 7:30pm	

Tai Chi

Ages 18 & up: Beginner. Anyone from senior citizens with existing ailments to athletes can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. Regular practice relieves insomnia, arthritis, headaches, and stress by directing the mind's focus on the flowing movements of Tai Chi. Students will leave the class feeling more grounded and balanced. For more information contact Louise @ 301-528-1174 or louise2001dialogue@yahoo.com

9 Sessions	\$108			
Instructor: Louise Liu				
352087 White Oak CC	4/9	Tu	10:30am - 11:30am	
352088 Germantown CC	4/11	Th	6:00pm - 7:00pm	
352822 Wisconsin Place CC	4/12	F	10:00am - 11:00am	

Tai Chi Chuan and QiGong

Ages 18 & Up: Continuing Students & Beginners: These exercises are low impact, so anyone including senior citizens with existing ailments can benefit. This internal martial arts class consists of step-by-step instructions and therapeutic stretch exercises, which enhance internal health and unblock the meridians in the body. To activate qi and balance yin and yang, a combination of rhythmic breathing and slow, fluid movements contribute to a serene but aware state of mind. Students feel more grounded and balanced. Regular practice relieves insomnia, arthritis, headaches, and stress. For more information contact Louise @ 301-528-1174 or louise-2001dialogue@yahoo.com

9 Sessions	\$135			
Instructor: Louise Liu				
352091 Germantown CC	4/13	Sa	9:30am - 10:45am	
352089 Jane E. Lawton CC	4/10	W	7:15pm - 8:30pm	
352090 Germantown CC	4/11	Th	9:30am - 10:45am	

Tai Chi Chuan

Ages 18 & Up: A set of naturally flowing movements performed slowly in a sequence with a spirit of calmness, balance, and awareness. It teaches ways of relaxation and is excellent for stress reduction. Regular practice develops strength and flexibility of the joints, muscles and ligaments, while enhancing the performances of the cardiovascular system with a minimum of strain on the body. Wear comfortable, loose fitting clothing and flat sole shoes. Questions contact Jack at: jrvivona@yahoo.com.

8 Sessions	\$80			
Instructor: Jack Vivona				
350548 Damascus CC	4/10	W	8:00pm - 9:00pm	



YOUTH

Baton 1 Beginner

Ages 4-10. Beginner. Fundamental twirling, marching, and basic dance techniques. Batons for class use are provided by instructor, however, purchase is recommended. Custom fit batons may be ordered at first class. Participants will demonstrate their skills in an informal parent performance at last class. Questions: Call Juli Duda at 240-422-6789 (cell), 301-865-5553 (phone) or email at: zipjld@aol.com

8 Sessions	\$50			
Instructor: Juli Duda				
352260 Germantown CC	4/11	Th	4:30pm - 5:15pm	
352258 Clemente, Roberto MS	4/8	M	5:30pm - 6:15pm	
352261 Longwood CC	4/9	Tu	5:30pm - 6:15pm	
352259 Damascus CC	4/10	W	4:45pm - 5:30pm	

Kids Yoga with Kirsten

Ages 7-12: Yoga is a great way for kids to connect to their bodies, boosting confidence and self-esteem. Yoga poses encourage focus and concentration as well as stretch and strengthen muscles. Yoga also teaches ways to relax, providing kids with tools and techniques to handle stress in their daily lives. Connecting breathing, mind and body, yoga both energizes and calms. Make friends, get creative, have fun playing games and take time out to relax. Wear comfortable clothing and bring a mat. Come join us! Questions, please contact Kirsten Norris at sten15@yahoo.com

6 Sessions	\$60			
Instructor: Kirsten E. Norris				
351422 White Oak CC	4/10	W	5:00pm - 5:45pm	



Zumbatomic with Step-n-Sweat Fitness

Ages 9-12: Designed exclusively for kids Zumbatomic classes are a rocking, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love to groove to in a group, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. For more information, contact Cheryl Hicks at chicks2@mindspring.com or 301-642-0612. There's a party going on in this Zumba class, so come and join us!!!!

5 Sessions	\$50			
Instructor: Cheryl D. Hicks				
352117 Marilyn J. Praisner CC	4/9	Tu	4:30pm - 5:15pm	
352119 Marilyn J. Praisner CC	5/14	Tu	4:30pm - 5:15pm	

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MARTIAL ARTS

AIKIDO

Aikido Beginning

Ages 12 & Up: A defensive martial art that redirects an attacker's energy through evasions, throws, escapes, and pins. By learning the principles and practice of Aikido, one can learn to manage conflict in one's personal life. Be non-aggressive without being a victim. Coordinate mind and body, and deal effectively with stress and tension. Emphasis on Ki development.

7 Sessions \$60
Instructor: William Fairweather
351132 Ross Boddy CC 4/8 M 7:00pm - 8:30pm

Aikido Continuing

Ages 12 & Up: Students must have the instructor's permission before registering. Builds on the Beginner class and is adapted to the level of the students. Covers additional defensive techniques when faced with multiple attackers and or weapons.

8 Sessions \$87
Instructor: William Fairweather
351133 Ross Boddy CC 4/10 W 7:00pm - 9:00pm

KENDO

Kendo

Ages 12 & Up: Beginner/Intermediate. Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Optional to purchase shinai from instructor for \$30. See Shodo, an excellent complement to training. Questions email: tsir.office@verizon.net

8 Sessions \$72
Instructor: Shiro Shintaku
351129 Tilden MS 4/11 Th 7:00pm - 8:00pm

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KARATE/JUJITSU

Karate/Jujitsu

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advanced students. Beginners; if your chosen location offers a 6pm class, you must register for that 6pm class time. Beginners must attend 6pm at Upper County CC, Bauer CC, Damascus CC, Resnik ES, Praisner CC, Rolling Terr. ES, Germantown CC & Dufief ES. Beginners may attend the later time at all other sites.

9 Sessions \$55
Instructor: Company Staff: TKA, Inc.
351048 Longwood CC 4/8 M 7:00pm - 8:00pm
351049 Upper County CC 4/8 M 6:00pm - 7:00pm
351050 Upper County CC 4/8 M 7:00pm - 8:00pm
351051 Wheaton CC 4/8 M 7:00pm - 8:00pm
11 Sessions \$60

Instructor: Company Staff: TKA, Inc.
351052 Germantown CC 4/2 Tu 6:00pm - 7:00pm
351053 Germantown CC 4/2 Tu 7:00pm - 8:00pm
351054 Mid County CC 4/2 Tu 7:00pm - 8:00pm
351055 Damascus CC 4/3 W 6:00pm - 7:00pm
351056 Damascus CC 4/3 W 7:00pm - 8:00pm
351057 Bauer Drive CC 4/3 W 6:00pm - 7:00pm
351058 Bauer Drive CC 4/3 W 7:00pm - 8:00pm
351059 Potomac CC 4/3 W 6:30pm - 7:30pm
351060 Resnik, Judith A. ES 4/3 W 6:00pm - 7:00pm
351061 Resnik, Judith A. ES 4/3 W 7:00pm - 8:00pm
351062 Clara Barton CC 4/3 W 7:00pm - 8:00pm
351063 Montgomery Village MS 4/3 W 6:00pm - 7:00pm
351072 Montgomery Village MS 4/3 W 7:00pm - 8:00pm
351064 Marilyn J. Praisner CC 4/4 Th 6:00pm - 7:00pm
351065 Marilyn J. Praisner CC 4/4 Th 7:00pm - 8:00pm
351066 DuFief ES 4/4 Th 6:00pm - 7:00pm
351067 DuFief ES 4/4 Th 7:00pm - 8:00pm
351068 Poole, John MS 4/4 Th 7:00pm - 8:00pm
351069 Rolling Terrace ES 4/4 Th 6:00pm - 7:00pm
351070 Rolling Terrace ES 4/4 Th 7:00pm - 8:00pm
351071 Bethesda ES 4/4 Th 7:00pm - 8:00pm

Karate Do and Iaido Beginners

Ages 6-13 Tuesdays Ages 16 & up Thursday: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at bskofmc@gmail.com

10 Sessions \$69
Instructor: Salvador Cortes
351708 Garrett Park ES 4/2 Tu 7:00pm - 8:00pm
351709 Garrett Park ES 4/4 Th 7:00pm - 8:00pm

*A Sharper Mind...
A Stronger Sense of
Self Confidence...
Self Discipline...
Discover
Martial Arts.*

Karate Do and Iaido II Intermediate

Ages 10 & Up: Discover a way to overcome your daily stress. Iaido is described as cultivation of patience to keep you from conflict. Control of body, as well as mind, are the desired results. Additional benefits include discipline and respect, balance and patience and fitness and energy. Participants will need to purchase a GI. For more information, contact Salvador Cortes at bskofmc@gmail.com

11 Sessions \$69
 Instructor: Salvador Cortes
 351710 Garrett Park ES 4/2 Tu 8:00pm - 9:00pm

NEW Iaido

Ages 18 & Up: Japanese Classical Martial Arts are the version of Martial Arts that tries to understand, learn and incorporate the samurai philosophy, to follow and emulate their ability in the martial arts. The purpose of our training is the development of inner strength to put it to the service of our families, schools and community. In the process, by the training, we'll develop confidence, self-assurance and physical strength but also instinctive reactions or reflexes. Competition is a matter of sports. Classical Martial Arts is not a sport. It is a way of life. That is what the 'DO' means. Further inquire: bskofmc@gmail.com

10 Sessions \$69
 Instructor: Salvador Cortes
 351711 Garrett Park ES 4/4 Th 8:05pm - 9:00pm

Karate/Jujitsu Adults

Ages 13-Adult: Instruction in the physical and psychological aspects of Tang Soo Do style Korean Karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association (TKA). All locations accept beginning through advanced students. New students accepted before the 3rd class of each session.

9 Sessions \$72
 Instructor: Company Staff: TKA, Inc.
 351108 Upper County CC 4/8 M 8:00pm - 9:30pm
 351109 Wheaton CC 4/8 M 8:00pm - 9:30pm
 11 Sessions \$88
 Instructor: Company Staff: TKA, Inc.
 351110 Germantown CC 4/2 Tu 8:00pm - 9:30pm
 351111 Damascus CC 4/3 W 8:00pm - 9:30pm
 351112 Bauer Drive CC 4/3 W 8:00pm - 9:30pm
 351113 Potomac CC 4/3 W 7:30pm - 9:00pm
 351114 Montgomery Village MS 4/3 W 8:00pm - 9:30pm
 351115 Bethesda ES 4/4 Th 8:00pm - 9:30pm
 351116 Marilyn J. Praisner CC 4/4 Th 8:00pm - 9:30pm
 351117 DuFief ES 4/4 Th 8:00pm - 9:30pm
 351118 Rolling Terrace ES 4/4 Th 8:00pm - 9:30pm

Karate/Jujitsu Club

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Note: Participants registering for 7pm class must be registered in a regular TKA class during the same season.

11 Sessions \$37
 Instructor: Company Staff: TKA, Inc.
 351124 Holiday Park SC 4/5 F 7:00pm - 8:00pm

**Karate/Jujitsu Club 2**

Ages 13-Adult: Open to brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions.

10 Sessions \$47
 Instructor: Company Staff: TKA, Inc.
 351125 Holiday Park SC 4/5 F 8:00pm - 9:00pm

Kung Fu Open Practice-Shaolin

Ages 16 & Up (13-15 if accompanied by parent or guardian): For students enrolled in the Tuesday Basics class, you can get in another Shaolin workout every week! During this open practice session with the instructor and fellow students, you will continue to sharpen the basics you have already learned. No additional skills will be taught during open practice.

9 Sessions \$63
 Instructor: Bess Siegal
 351131 Cabin John MS 4/10 W 8:30pm - 9:30pm

Kung Fu Basics-Shaolin

Ages 16 & Up (13-15 if accompanied by parent or guardian): Work your body, mind and spirit the Shaolin way! Relieve stress and improve your strength, endurance, flexibility, and agility through an aerobic workout of traditional Shaolin Kung Fu stretches, stances, kicks, strikes and jumps. All levels of experience are welcome. No uniforms, belts or tests. Bring your chi! Forms will be taught to those who progress through the basics. Wear comfortable long pants and martial arts shoes (or any sneakers for quick pivoting -- for example, running shoes NOT recommended). Instructor is a disciple of 34th generation Shaolin Temple monk, Shifu Shi Yan Ming, founder and abbot of the USA Shaolin Temple in New York.

9 Sessions \$63
 Instructor: Bess Siegal
 351130 Cabin John MS 4/9 Tu 8:30pm - 9:30pm





TINY TOTS

ARTS AND CRAFTS

Abrakadoodle: Mini-Doodlers

Ages 3-5: Our Mini Doodlers gleefully create their own unique masterpieces. Lessons are carefully designed to ignite imagination, foster creativity and develop new skills. Each lesson provides new experiences with paints, water-colors, pastels and other creative tools and materials. A \$40 Materials Fee is Due to instructor at the first class.

6 Sessions	\$84				
Instructor: Abrakadoodle					
352673 White Oak CC	4/10	W	10:15am -11:00am		
352674 Gwendolyn Coffield CC	4/12	F	10:15am -11:00am		

Abrakadoodle: Twoosy Doodlers

Ages 20 mos-36 mos: Our youngest artists get the chance to explore paints, modeling compounds, oil pastels, water-colors and other wonderful art materials. They roll, scribble, shake and pound as they learn about color, shape and form while building the hand-eye coordination and fine motor skills that they'll need later in school to write and draw. They will build confidence while exploring creative and innovative materials. Your budding artist will shine! A \$40 materials fee is due to instructor at first class.

6 Sessions	\$84				
Instructor: Abrakadoodle					
352060 Wisconsin Place CC	4/9	Tu	9:45am -10:30am		
352073 Potomac CC	4/11	Th	9:30am -10:15am		

Sunday Studio with CREATE

Ages 4-6: Young Artists Studio, Kids will explore a variety of media in this beginner class that encourages and focuses their natural interest in drawing, painting, and sculpture. Shape, texture, and color will be explored through two and three-dimensional forms. Our artists may be young in this studio class, but we have plenty of room for great big creative ideas! Artists will explore color, shape, and texture through two and three-dimensional projects. Over the course class students will work with pencil, marker, paint, clay, paper and recycled materials. A \$20 material fee is due to instructor at first class.

8 Sessions	\$109				
Instructor: Create Art Center					
351767 Create Arts Center	4/14	Su	11:30am -12:30pm		

Tiny Hands Crafts

Ages 2-6: Come and see what tiny hands can do! This 'hands on' class encourages children to be creative, get messy, and have fun with paint, glue, glitter, foam, fabric, wood items, and more. Kids will make at least 2 projects per class...most of them keepers! Crafts will change each session. Please bring a smock. \$28 materials fee due to instructor. Adult participation required.

7 Sessions	\$72				
Instructor: Abigail Dion					
351775 Potomac CC	4/8	M	10:15am -11:00am		
351776 Germantown CC	4/9	Tu	10:15am -11:00am		
351777 Bauer Drive CC	4/10	W	10:15am -11:00am		
351780 Jane E. Lawton CC	4/11	Th	10:15am -11:00am		
351784 Mid County CC	4/12	F	10:15am -11:00am		
351783 Bauer Drive CC	4/13	Sa	9:30am -10:15am		
351785 Germantown CC	4/13	Sa	10:15am -11:00am		

Young Rembrandts for Tiny Tots

Ages 3½-5: Let Young Rembrandts help prepare your pre-schooler for Kindergarten. We teach your children skills that will help them grow, develop and excel all while having fun! We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization. We provide a nurturing and strong learning environment that expands preschoolers image vocabulary as they draw familiar images. Each session contains all new lessons. Adult Participation not required.

6 Sessions	\$68				
Instructor: Young Rembrandts					
351770 Germantown CC	4/8	M	10:15am -11:00am		
351771 Wheaton CC	4/9	Tu	10:15am -11:00am		
351772 Damascus CC	4/11	Th	10:15am -11:00am		

Messes and Masterpieces

Ages 2-4: Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Theme based classes combine stories, music and art as we experience seasons and holidays. Please wear old clothes or bring a smock. \$20 material fee due to instructor. Adult participation required.

8 Sessions	\$80				
Instructor: Joan E. Clowes					
351906 Longwood CC	4/8	M	10:15am -11:00am		
351908 Jane E. Lawton CC	4/9	Tu	10:00am -10:45am		
351909 Potomac CC	4/10	W	10:00am -10:45am		
351912 Wisconsin Place CC	4/12	F	10:15am -11:00am		

DANCE

Kidz Dance

Ages 3-4: Children will love this fun introduction to ballet dance. Children will explore dance, rhythm and coordination. Parent participation may be required. There is no dress code required for the class.

7 Sessions	\$63				
Instructor: Grace Oleson					
351730 White Oak CC	4/8	M	3:30pm - 4:15pm		

8 Sessions	\$72				
Instructor: Grace Oleson					
351727 Potomac CC	4/9	Tu	3:30pm - 4:15pm		
351728 Germantown CC	4/10	W	3:30pm - 4:15pm		
351729 Wheaton CC	4/11	Th	3:30pm - 4:15pm		

Preschool Dance by Jazzmatazz

Ages 3-4: An introduction to dance through creative movement using a variety of musical styles that children love. Children must be toilet trained. Leotards, tights and well fitted all leather ballet slippers, in the colors of your choice, are the dress requirements for class. No lace tutus and only short dance skirts please.

8 Sessions	\$72				
Instructor: Betsy Saunders					
351766 Long Branch CC	4/6	Sa	10:15am -11:00am		

Bollywood for Tots

Ages 1½-3 and 3-5: The dance movements provide Tots better motor coordination and concentration, sense of rhythm and self confidence. They also learn math by forming rhythmic patterns and team work. Bollywood is named after a Bombay industry that produces 500 musical movies every year. Learn a dance on Oscar winning Sound track 'Jai Ho' from movie Slumdog Millionaire or any other current popular soundtrack. Adult participation is welcomed. For more information call Kumud Mathur at 301-299-3334.

8 Sessions	\$96			
Instructor: Kumud Mathur				
Ages 1½-3				
351763	Potomac CC	4/11	Th	11:15am - 12:00pm
Ages 3-5				
351764	Potomac CC	4/9	Tu	5:30pm - 6:15pm
351765	Germantown CC	4/10	W	5:15pm - 6:00pm

Funky Forces Pre-K

Ages 3-5: Through the course of Funky Forces and more, children will play engineer, chemist and stunt pilot! Children will investigate physics fundamentals and bring their scientific minds to basic magic tricks. Your Mad Scientists will be shocked by what they learn about electricity, blown away by their experiments with air pressure, and swept away by the excitement of working with waves!. A \$30 materials fee is due to the instructor in the first day.

6 Sessions	\$119			
Instructor: Mad Science				
352025	Germantown CC	4/8	M	3:00pm - 3:45pm
352026	Potomac CC	4/11	Th	3:00pm - 3:45pm
352024	White Oak CC	4/12	F	3:00pm - 3:45pm

MUSIC

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings of registered participants, 8 months old and up, must register and pay class fee. Adult participation required. \$15 material fee due to instructor.

8 Sessions	\$98			
Instructor: Golden School of Music				
351932	Golden School of Music	4/6	Sa	10:00am - 10:45am
351918	Golden School of Music	4/8	M	10:15am - 11:00am
351920	Wheaton Regional Library	4/8	M	10:30am - 11:15am
9 Sessions	\$110			
Instructor: Golden School of Music				
351923	Wisconsin Place CC	4/2	Tu	10:15am - 11:00am
351925	Golden School of Music	4/3	W	10:15am - 11:00am
351928	Gwendolyn Coffield CC	4/5	F	10:00am - 10:45am
351930	Potomac CC	4/5	F	10:15am - 11:00am



Music Together

Music Together - Montgomery

Ages 0-5: A fun, interactive family music experience, which includes a variety of musical styles, tonalities and rhythms. Activities include singing, chanting, props, instrument exploration, improvisation and large movement. Adults discover their power as role models for their children just by having fun, making music themselves, regardless of their musical ability. Each child is free to participate at his/ her own level in this mixed-age, developmentally appropriate setting. Award-winning Music Together CDs and Songbook are required for each family at a cost of \$40 payable by cash or check to Music Together Montgomery and are due to the instructor at the first class. For more information, go to www.musictogethertomontgomery.com or call the instructor at 301-879-6988. Infants under 8 months may attend free with a paying sibling, but must register. Please call 240-777-6870 to let us know you plan to bring a sibling.

7 Sessions	\$125			
Instructor: Music Together				
351749	Mid County CC	4/6	Sa	10:15am - 11:00am
351750	Mid County CC	4/6	Sa	11:15am - 12:00pm
351751	White Oak CC	4/8	M	10:15am - 11:00am
9 Sessions	\$165			
Instructor: Music Together				
351745	Mid County CC	4/2	Tu	10:15am - 11:00am
351747	Wheaton-Claridge Park	4/3	W	9:30am - 10:15am
351748	Wheaton-Claridge Park	4/3	W	10:30am - 11:15am

Music Together with Miri

Ages 0-5: As a family in one of our classes, you and your child will have the opportunity to play musically each week under the guidance of one of our early childhood music specialists. Wiggling, singing, and laughing with your child is so much fun! Each weekly class includes finger plays, singing, chanting, props, small and large movement activities, instrument exploration, play-along jam and free dance. Young children learn through play and experimentation and by watching and listening to the grownups they love. Parents don't need to have music skills-they just need a desire to play and have fun with their children! Award-winning Music Together CDs and Songbook are required for each family at a cost of \$43 payable by cash or check to Music Together with Miri and are due to the instructor at the first class. For more information, go to www.mtwithmiri.com or call the instructor at (301)758-0304. Infants under 8 months may attend free with a paying sibling, but must register.

8 Sessions	\$124			
Instructor: Miri Frenkel-Yacubovich				
351762	Longwood CC	4/9	Tu	10:15am - 11:00am
351758	Damascus CC	4/10	W	10:15am - 11:00am





MORE TINY TOTS

Little Scientists:

Beakers and Brushes

Ages 3-6: Beakers and Brushes PART 2 brings six new chemistry lessons for your little one to expand on the original six concepts learned. Children will explore concepts regarding density, temperature, color creation, mixtures, as well as other science related concepts of air pressure and wind. We welcome new and returning students in this class. A hands on art project is completed in each session too! Class is recommended for mature twos through children age 6. Parent participation not required. Children will learn the process of art by tactile exploration. \$20 material fee due to instructor. Parent Participation not required. Log on to scribblesandworks.com for more information.

6 Sessions \$135
 Instructor: ScribblesandWorks.com
 351790 White Oak CC 4/11 Th 3:30pm - 5:00pm

Little Scientists:

Markers & Microscopes

Ages 3-6: In this fun and hands-on workshop, your pre-schooler will participate in art and science activities revolving around Biology and Plant Life. Your child will be actively engaged in science experiments to learn about his environment. Children will learn the process of art by tactile exploration. \$20 Material Fee due to instructor. Parent Participation not required. Log on to scribblesandworks.com for more information.

6 Sessions \$135
 Instructor: ScribblesandWorks.com
 351795 Jane E. Lawton CC 4/8 M 10:00am - 11:30am
 351793 Bauer Drive CC 4/10 W 2:30pm - 3:30pm
 351791 White Oak CC 4/11 Th 10:00am - 11:30am
 351794 Germantown CC 4/11 Th 4:00pm - 5:30pm

Tiny Hands Chefs

Ages 3-6: 'One Bite Won't Hurt You!' Tiny hands love to cook! Make quick and easy recipes kids will love to prepare and eat. Bring your 'picky eater' and come join the fun! \$26 material fee due to instructor. Adult participation required.

4 Sessions \$42
 Instructor: Abigail Dion
 351787 Potomac CC 4/8 M 3:00pm - 4:00pm



PERFORMING ARTS

Act It Out

Ages 4-6: Take an adventure every week through storybooks in this acting class that uses theater arts to teach kids about relevant social issues and character education topics such as respect, truth, peace, etc. Each week, these young actors will learn various improvisation theater games as well as a story that they will act out using costumes and props. This class will present their favorite story on the last day of class!

8 Sessions \$95
 Instructor: Pooja Chawla
 352679 Jane E. Lawton CC 4/13 Sa 11:15am - 12:00pm
 352681 Potomac CC 4/14 Su 2:30pm - 3:15pm

Little Stars

Ages 2-3: Introduce your little ones to the wonderful world of arts education in this theater class that does it all! These young minds will explore their creativity and imaginations through music, movement, storytime, acting games, and art. And each week they will have a mini-art project to take home that relates to our theme. A \$20 materials fee is due at the first class.

8 Sessions \$95
 Instructor: Pooja Chawla
 352676 Potomac CC 4/9 Tu 10:15am - 11:00am
 352678 Jane E. Lawton CC 4/13 Sa 10:15am - 11:00am



4 WAYS TO REGISTER!

**RECWEB**

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.

**FAX**

240-777-6818. Processed in a secure environment.

**MAIL**

Registrar, Montgomery County Recreation,
 4010 Randolph Road, Silver Spring, MD 20902

**WALK-IN**

While you wait! Registrations will be processed at the following location:

Recreation Administration Building
 4010 Randolph Road
 Silver Spring, MD 20902

Follow us on Facebook and Twitter!

PLAYTIME & MOVEMENT

Mama Goose on the Loose

Ages 6 mos-36 mos: What a time for a rhyme! Stories, games, music, movement and much more! Have fun and meet new friends while enriching your child's language, large motor skills and social development. Price includes all materials. Adult participation required. For more information go to mamagoose@verizon.net

5 Sessions	\$50				
Instructor:Laura Lunking					
351723 Bauer Drive CC	4/20	Sa	9:45am -10:30am		
8 Sessions	\$80				
Instructor:Laura Lunking					
351726 Germantown CC	4/9	Tu	1:00pm - 1:45pm		
351720 Mid County CC	4/10	W	11:00am -11:45am		
351719 Bauer Drive CC	4/11	Th	9:45am -10:30am		

FUNky Monkeys Sports & Games

Ages 3-5: Action packed and full of fun, kids will receive a heart-healthy workout without even knowing it! With loads of age-appropriate, non-competitive active games, such as tag, stick hockey, ball play, advanced parachute and more, kids learn to play by game rules, follow simple instruction. Class improves advance coordination, muscle tone and function, socialization, and cognitive development. Keep them growing strong and confident with Funfit! Parents welcome, but not required. Child must be 3 years old at start of class to participate. A \$5.00 material fee is due at first class.

8 Sessions	\$96				
Instructor:Funfit					
352019 Germantown CC	4/8	M	9:30am-10:15am		

Funfit Tots - En Español!

Edad 18 meses-4 años: Una actividad llena de diversión que incluye juegos, canciones, cuentos, música, paracaídas, pelotas y mucho más. Un gran entrenamiento para toda la familia. Un requisito es la participación de adultos. Los niños deben estar en edad de caminar. El costo de la clase es por cada niño. Una cuota de \$5 dólares para material es debido a la primera clase.

8 Sesiones	\$96				
Instructor:Funfit					
352006 Wheaton CC	4/8	M	11:00am -11:45am		
352007 Jane E. Lawton CC	4/12	F	11:15am -12:00pm		



Funfit Tots

Funfit Tots

A fun-filled adult/child high-energy exercise class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Child must be walking. A \$5.00 material fee is due to the instructor at the first class. Adult participation required!

Ages 1-2 years

8 Sessions	\$96				
Instructor:Funfit					
351948 Wheaton CC	4/8	M	9:30am -10:15am		
351949 Germantown CC	4/8	M	10:15am -11:00am		
351950 Bauer Drive CC	4/9	Tu	9:30am -10:15am		
351974 White Oak CC	4/9	Tu	10:15am -11:00am		
351951 Potomac CC	4/10	W	9:30am -10:15am		
351952 Potomac CC	4/10	W	10:15am -11:00am		
351973 Damascus CC	4/10	W	11:00am -11:45am		
351954 Jane E. Lawton CC	4/10	W	9:30am -10:30am		
351955 Wisconsin Place CC	4/11	Th	9:45am -10:30am		
351975 Wisconsin Place CC	4/11	Th	10:30am -11:15am		
351957 Mid County CC	4/11	Th	10:15am -11:00am		
351958 Jane E. Lawton CC	4/12	F	9:45am -10:30am		
352672 Potomac CC	4/12	F	10:15am -11:00am		
351956 Tilden Middle School	4/13	Sa	9:30am -10:15am		
351976 QO Valley Park	4/13	Sa	9:30am -10:15am		

Ages 2-3 years

8 Sessions	\$96				
Instructor:Funfit					
351977 Germantown CC	4/8	M	11:00am -11:45am		
351984 Wheaton CC	4/8	M	10:15am -11:00am		
351978 Bauer Drive CC	4/9	Tu	10:15am -11:00am		
351979 Potomac CC	4/10	W	11:00am -11:45am		
351980 Jane E. Lawton CC	4/10	W	11:15am -12:00pm		
352018 Wisconsin Place CC	4/11	Th	11:15am -12:00pm		
351981 Jane E. Lawton CC	4/12	F	10:30am -11:15am		
351983 Tilden Middle School	4/13	Sa	10:15am -11:00am		

18 months-4 years

8 Sessions	\$96				
Instructor:Funfit					
352013 Bauer Drive CC	4/9	Tu	11:00am -11:45am		
352016 White Oak CC	4/9	Tu	11:00am -11:45am		
352014 Jane E. Lawton CC	4/10	W	10:30am -11:15am		
352015 Damascus CC	4/10	W	10:15am -11:00am		
352017 QO Valley Park	4/13	Sa	10:15am -11:00am		



SPORTS & FITNESS

Coach Doug Pre Wee Wanna Be

Ages 18 mos-36 mos: Boys and Girls get a great start in enjoying sports working with their Moms, Dads, or Guardians. They will be introduced to agility training, sports including soccer, and other age appropriate sports through supervised play sessions with their Moms, Dads or Guardians. Each child is guided thru sports and play sessions and can participate at his/her own pace. A wonderful program to introduce tots to the joy of sports; Adult participation required.. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690.

8 Sessions	\$59
Instructor: Coach Doug Academy, Inc	
352120 Jane E. Lawton CC	4/8 M 9:30am -10:15am
352121 Germantown CC	4/9 Tu 9:30am -10:15am
352122 Bauer Drive CC	4/10 W 9:30am -10:15am
352123 Potomac CC	4/11 Th 9:30am -10:15am
352124 Damascus CC	4/12 F 10:00am -10:45am

Coach Doug Wee Wanna Be

Ages 3-5: Which sports players do your kids pretend to be? Boys and girls and their moms, dads or guardians will be introduced to agility training, soccer, T- ball and lacrosse and other seasonal sports through supervised non competitive play sessions with their moms, dads, or guardian. Each child can participate at his/her own pace. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for additional information.

8 Sessions	\$77
Instructor: Coach Doug Academy, Inc	
352131 Jane E. Lawton CC	4/8 M 10:15am -11:00am
352133 Germantown CC	4/9 Tu 10:15am -11:00am
352135 Bauer Drive CC	4/10 W 10:15am -11:00am
352136 Potomac CC	4/11 Th 10:15am -11:00am
352137 Potomac CC	4/11 Th 1:30pm - 2:15pm
352138 Damascus CC	4/12 F 10:45am -11:30am
352139 Damascus CC	4/12 F 1:30pm - 2:15pm
352140 Oakland Terrace ES	4/13 Sa 9:30am -10:15am
352141 Oakland Terrace ES	4/13 Sa 10:15am -11:00am
352142 Cold Spring ES	4/13 Sa 1:15pm - 2:00pm

Gymnastics - Pre School

Ages 4-5: Tumbling skills such as front & back rolls, cart-wheel, bridge and handstand, balance beam skills such as front and backward walk and more, bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence.

7 Sessions	\$130
Instructor: Gymnastics of America, Inc.	
351797 Gymnastics of America	4/12 F 10:30am -11:15am

Coach Doug Wee Wanna Be

Soccer And Tennis

Ages 3-5: COACH DOUG WEE WANNA BE SOCCER AND TENNIS is based on the principles developed by Coach Doug for the very successful Wee Wanna Be program. By concentrating on these two sports, the children have a greater opportunity to comfortably develop their interest and abilities. They will be introduced to soccer and tennis, through age appropriate skill training in play sessions with their Moms, Dads or Guardian. A great way for children to develop new skills using their arms and legs. Adult participation required. \$5.00 Materials Fee is due to Instructor. Call 301-983-2690 for more information.

8 Sessions	\$69
Instructor: Coach Doug Academy, Inc	
352157 Jane E. Lawton CC	4/8 M 11:00am -11:45am
352158 Germantown CC	4/9 Tu 11:00am -11:45am
352160 Potomac CC	4/11 Th 11:00am -11:45am
352161 Damascus CC	4/12 F 11:30am -12:15pm
352162 Cold Spring ES	4/13 Sa 3:30pm - 4:15pm

Gymnastics Tumbling Format

Ages 3-5: Beginner. Practice tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time.

5 Sessions	\$68
Instructor: Denise Schattenberg	
351731 QO Valley Park	4/15 M 11:00am -11:45am
351732 Upper County CC	4/15 M 1:00pm - 1:45pm

Gymnastics - Parent & Child

Ages 2-3½: Parents learn to help their toddler develop beginning gymnastics skills. Children learn to follow directions and cooperate utilizing an obstacle course, trampoline, balance beam and the foam pit.

7 Sessions	\$130
Instructor: Gymnastics of America, Inc.	
351796 Gymnastics of America	4/12 F 9:45am -10:30am



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Coach Doug Sports School

Ages 4-7: Join us as we have kept our victorious formula of offering classes which treat each child as a winner; building self-esteem, enhancing cooperation, focusing on skills and fitness in a fun and positive environment. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Sports change each session and include: agility training, soccer, T- ball, lacrosse and more. No Parent Participation required, Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$77

Instructor: Coach Doug Academy, Inc

352207	Jane E. Lawton CC	4/8	M	4:15pm - 5:00pm
352208	Germantown CC	4/9	Tu	4:15pm - 5:00pm
352209	Potomac CC	4/11	Th	4:15pm - 5:00pm
352210	Damascus CC	4/12	F	4:15pm - 5:00pm
352211	Oakland Terrace ES	4/13	Sa	11:00am - 11:45am
352212	Cold Spring ES	4/13	Sa	2:00pm - 2:45pm

Coach Doug Soccer

Ages 3-7: Coach Doug Soccer is based on the winning principles developed by Coach Doug. Kick it off with soccer instruction the Coach Doug way; fundamental soccer skills in a fun and friendly environment with emphasis on building techniques and self confidence. We cover skill development, soccer rules and playing strategies. By concentrating on soccer, children have a greater opportunity to comfortably develop individual skills in a team concept. No adult participation required. Children participate on their own under the guidance of Coach Doug. \$5.00 Materials Fee due to Instructor. Call 301-983-2690 for more information.

8 Sessions \$77

Instructor: Coach Doug Academy, Inc

352214	Germantown CC	4/9	Tu	5:00pm - 5:45pm
352215	Potomac CC	4/11	Th	5:00pm - 5:45pm
352216	Damascus CC	4/12	F	5:00pm - 5:45pm
352217	Oakland Terrace ES	4/13	Sa	11:45am - 12:45pm
352218	Cold Spring ES	4/13	Sa	2:45pm - 3:30pm

UK Elite Petite Soccer

Ages 2-3 & 3-5: A fun guide to soccer utilizing maximum activity and participation and highly stimulating fantasy games. The focus is creating a fun learning environment in which children develop basic ball manipulation skills, using their feet. Instruction is provided by professional British coaches and teachers. U.K. Elite will provide balls for use by all participants. 2-3 year olds parent participation required.

6 Sessions \$90

Instructor: U.K. Elite

Ages 2-3

351733	Falls Road Local Park	4/23	Tu	10:00am - 10:45am
351744	Wisconsin Place CC	4/26	F	10:00am - 10:45am

Ages 3-5

351734	Falls Road Local Park	4/23	Tu	11:00am - 12:00pm
351743	Wisconsin Place CC	4/26	F	11:00am - 12:00pm

Challenger Sports Cubs

Soccer Program

Ages 2-3: Program uses soccer as the medium for children to develop their balance, agility, coordination, color recognition and numerical learning along with increasing their confidence and social skills in a fun and relaxed environment.

8 Sessions \$120

Instructor: Challenger Sports British Soccer

352038	Olney Family Neigh Park	4/9	Tu	10:00am - 10:45am
352041	Stonegate Local Park	4/10	W	10:00am - 10:45am
352039	Meadowbrook Local Park	4/12	F	10:00am - 10:45am
352040	Darnestown Local Park	4/12	F	10:00am - 10:45am

Challenger Sports Lil Lions

Soccer Program

Ages 4-5: This class uses soccer as the medium to develop their balance, agility, coordination and color recognition and numerical learning along with increased confidence and social skills in a fun and relaxed environment. These sessions develop the use of right and left foot along with differing foot surfaces for kicking.

8 Sessions \$120

Instructor: Challenger Sports British Soccer

352042	Olney Family Neigh Park	4/9	Tu	11:00am - 11:45am
352045	Stonegate Local Park	4/10	W	11:00am - 11:45am
352043	Meadowbrook Local Park	4/12	F	11:00am - 11:45am
352044	Darnestown Local Park	4/12	F	11:00am - 11:45am



Coach Doug Soccer





EXCITING EXTRAS

Dramatic Kids!

Ages 7-10: This theater arts class for elementary age students is bound to keep you up on your feet and down on the ground with fun and laughter! Throughout the class, these fine actors will engage in improvisational theater, acting techniques, & scene work while working on writing their own original monologues and skits based on character education topics. This class will write and perform their own original sketches on the last day of class!

8 Sessions	\$99			
Instructor: C.A.R.E. Actor				
352084	Jane E. Lawton CC	4/6	Sa	12:15pm - 1:15pm
352083	Potomac CC	4/7	Su	3:45pm - 4:45pm



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Gemology (Advanced)

Ages 10 & Up: Prerequisite: Beginner or Intro Class - Interested in gemstones, but already know a little something about them? Want to learn more? Curious about gemstone lore and stories? This class examines gemstones and gemstone groups. Examples and hands-on specimens to 'play' with each morning. Perhaps a guest speaker, maybe even a field trip.

10 Sessions	\$97			
Instructor: Timothy Morgan				
351798	Potomac CC	4/3	W	10:00am - 12:15pm

Red Sprinkle Fashion School- Advanced

Ages 14 & Up: Polish your fashion knowledge and skill-set in this accelerated 3-week course! This advanced program will highlight hair, makeup, modeling and fashion styling appropriate for the fashion industry. Learn trade secrets from top professionals in the industry while having fun in this interactive class. With your newfound skills you'll be a seasoned pro in no time! Materials fee: \$25

3 Sessions	\$175			
Instructor: Madiana Margao Red Sprinkle				
352557	Potomac CC	5/11	Sa	11:00am - 12:00pm
352559	Mid County CC	5/11	Sa	11:00am - 12:00pm

Mad Science: Funky Forces

Ages 5-12: Through the course of Funky Forces and more, children will play engineer, chemist, and stunt pilot! Children will investigate physics fundamentals and bring their scientific minds to basic magic tricks. Your Mad Scientists will be shocked by what they learn about electricity, blown away by their experiments with air pressure, and swept away by the excitement of working with waves! A \$30 materials fee is due to the instructor in the first day.

6 Sessions	\$119			
Instructor: Mad Science				
352357	Germantown CC	4/8	M	4:00pm - 5:00pm
352358	Wyngate	4/11	Th	3:30pm - 4:30pm
352359	White Oak CC	4/12	F	4:00pm - 5:00pm

Young Riders

Ages 6-12: An introduction to horseback riding. Learn how to groom, saddle, stop, start, and steer at the walk and trot with the safety of an adult leading the horse. Horse preparation takes time and is an important part of the instruction. One parent or adult (only) must be prepared to walk beside the horse, and jogging is involved. For safety reasons, long pants and smooth, hard soled shoes are required. No sandals or tennis shoes for students or parents, and students/parents without proper footwear and long pants will not be able to participate.

7 Sessions	\$280			
Instructor: Camp Olympia				
352507	Camp Olympia	4/9	Tu	4:45pm - 5:15pm

WE WANT YOU!

Part-time Staff are needed to lead a wide variety of activities. Become part of our team!

Call 240-777-6840 for information.

Contractual Instructors are needed to instruct professional quality classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation
Contracts
4010 Randolph Road
Silver Spring, MD 20902

Be Active Montgomery!

Montgomery County Recreation's new program
to help you to get active and have fun!

Check out the hundreds of quality Montgomery County Recreation
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We all know the value leisure brings to
overall health and well-being.

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you can be involved in recreational
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in an effort to thrive both
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The SPORTS Pages

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INSTRUCTIONAL SPORTS

BADMINTON

Badminton Beginner/Advanced Beginner

Ages 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. Students must provide their own racquet. \$10 material fee due to instructor.

8 Sessions \$65
Instructor: Gary Chao
351136 Bauer Drive CC 4/13 Sa 9:30am - 10:45am

Badminton Intermediate

Ages 12 & Up: Continued emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. Students must provide their own racquet. \$25 material fee due to instructor.

8 Sessions \$90
Instructor: Gary Chao
351137 Bauer Drive CC 4/13 Sa 10:45am - 12:45pm

Badminton Advanced

Ages 12 & Up: Prerequisite Intermediate/Advanced Level. Small class instruction. Continued emphasis on learning Advanced individual skills, body movement, concepts, tactics, strategies and athletic psychology. Competitive techniques of both singles and doubles play. The first class will be an assessment of the player's levels. The instructor reserves the right to reassign students to another level. \$25 material fee due to instructor.

8 Sessions \$120
Instructor: Gary Chao
351135 Bauer Drive CC 4/13 Sa 12:45pm - 1:45pm

FENCING

Fencing with Mohebban Beginner I

Ages 9 & Up: Beginner Basic foil techniques. Equipment provided: foil, mask, and jacket. Instructor is former Olympian, Gitty Mohebban. No age exceptions without instructor approval. \$20 material fee due to instructor.

8 Sessions \$86
Instructor: Gitty Mohebban
352046 Frost, Robert MS 4/8 M 5:30pm - 6:30pm
352047 Clemente, Roberto MS 4/10 W 5:30pm - 6:30pm
352048 Parkland MS 4/12 F 5:30pm - 6:30pm

Fencing with Mohebban Beginner II

Ages 9 & Up: Advanced Beginner. Curriculum will be student skill dependent. \$20 material fee due to instructor.

8 Sessions \$86
Instructor: Gitty Mohebban
352049 Frost, Robert MS 4/8 M 6:30pm - 7:30pm
352050 Clemente, Roberto MS 4/10 W 6:30pm - 7:30pm
352051 Parkland MS 4/12 F 6:30pm - 7:30pm

Fencing with Mohebban Intermediate

Ages 9 & Up: More advanced foil techniques: riposte direct, doublement, compound attacks with footwork, beat disengage, compound riposte and pris de fer opposition, lie, croise, and envelopment. No age exceptions without instructor approval. \$20 material fee due to the instructor.

8 Sessions \$86
Instructor: Gitty Mohebban
352052 Frost, Robert MS 4/8 M 7:30pm - 8:30pm
352053 Clemente, Roberto MS 4/10 W 7:30pm - 8:30pm

Fencing with Mohebban Practices & Club

Ages 13 & Up: An opportunity for the beginner, intermediate and advanced fencer to practice with each other and develop their skills. No formal instruction will be given during Club sessions. Foil, epee and saber fencers welcome. Equipment provided: foil, mask, and jacket. Classes may feature electric fencing apparatus. No age exceptions will be granted without instructor approval. \$20 material fee due to the instructor.

8 Sessions \$79
Instructor: Gitty Mohebban
352055 Parkland MS 4/12 F 7:30pm - 8:30pm



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BASKETBALL

One On One After School Hoops

Ages 6-12: Have fun learning to become a better basketball player! Join our experienced and positive One on One instructors for our weekly basketball clinic at your school. Basketball fundamental skills will be taught through proven drills, exercises, fun competitions and games. One on One instructors strive to teach all participants the value of work, respect for authority and how to function as part of a team.

8 Sessions \$100

Instructor: Inc One on One Basketball

352067	Wisconsin Place CC	4/8	M	4:00pm - 5:00pm
352072	Rosemary Hills ES	4/9	Tu	3:45pm - 4:45pm
352068	Wayside ES	4/10	W	3:30pm - 4:30pm
352065	Greenwood ES	4/11	Th	3:05pm - 4:05pm
352070	Sligo Creek ES	4/11	Th	3:30pm - 4:30pm
352066	Potomac ES	4/12	F	3:30pm - 4:30pm
352071	Woodlin ES	4/12	F	3:30pm - 4:30pm

Coach Rich Basketball For Ages 8-10

Ages 8-10: This program for boys and girls is appropriate for all experience and skill levels. Many young players are overwhelmed by the speed and complexity of basketball. This program will teach basketball as a game of specific fundamentals, each with its own name, technique and purpose. Each one-hour class is divided into two, 30-minute halves. The first half of each class will be a specific fundamental skill-building component, with drills and activities designed to teach and develop these primary building blocks. The second half of each class will be live play, allowing players to apply these fundamentals within real game scenarios. This program equally combines fundamental instruction with live game action!

10 Sessions \$130

Instructor: Rich Sandler

351134	Damascus CC	4/9	Tu	5:30pm - 6:30pm
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MD Sports Hoop Star Basketball Clinics

Grades K-5: Jazz Perazic's MD Sports presents a program designed to provide participants with fundamental basketball skills instruction, as well as exposure to how the game is played through drills and controlled scrimmages. Our goal is to teach a basic understanding of the game in a fun environment in preparation for and support needed for traditional recreation basketball leagues. Our knowledgeable, experienced and caring staff's primary goal is to teach both sports and life skills of respect, commitment and teamwork.

6 Sessions \$90

Instructor: Jazz Perazic's MD Sports

352058	Bells Mill ES	4/8	M	3:30pm - 4:45pm
352056	Olney ES	4/10	W	3:30pm - 4:45pm
352057	Kensington-Parkwood ES	4/12	F	3:05pm - 4:20pm



MD Sports All Star Skills Clinic

Ages 8-17: Jazz Perazic's MD Sports All Star Skills Basketball Clinic. Learn the correct basketball fundamental techniques, brush up on your skills, learn new moves and improve your footwork for a great jump shot. Participants will learn how to improve agility, explosiveness, first step quickness and jumping ability. Team defensive concepts will be covered.

6 Sessions \$140

Instructor: Jazz Perazic's MD Sports

352059	Kingsview MS	4/12	F	7:00pm - 9:00pm
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MD Sports Rim Rockers

Ages 7-9: Introductory basketball course. Lower baskets will be used. Through innovative and fun drills, every child will learn basic basketball skills. Higher level of confidence and self-esteem will be achieved. This MD Sports class is sure to leave every child with a smile. Participants will receive a T-shirt and a participation award.

6 Sessions \$90

Instructor: Jazz Perazic's MD Sports

352062	Oakland Terrace ES	4/11	Th	6:00pm - 7:00pm
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Player Development Program (PDP)

Progressive Skills clinics are divided by age and ability. The early classes are ages 6-8 or white level & the later classes are ages 8-10 or yellow level. The Player Development Program is a breakthrough concept in basketball training. Each player is evaluated at the first session to ensure they are participating at the correct color-level for their current ability. The Player Development Program is the best choice for aspiring basketball players because progressive and proven curriculum is used by top-level One on One coaches. Each Player receives a personal player evaluation and must master curriculum to make it to the next color level.

6 Sessions \$125

Instructor: Inc One on One Basketball

352074	White Oak CC	4/13	Sa	12:00pm - 1:00pm
352075	White Oak CC	4/13	Sa	1:00pm - 2:00pm



After School Hoops





CHEERLEADING

Cheerleading

Ages 6-9: Basic beginning cheerleading skills will include motions, formations, chants, and cheers, with simple stunts and dance. Skills build confidence, self-esteem, coordination, and team work. Poms will be supplied for use at class.

7 Sessions \$98
Instructor: Lori Zagami
352360 Olney ES 4/9 Tu 5:00pm - 6:00pm

GYMNASTICS

Gymnastics- Girls and Boys

Ages 7-12: Introduction to gymnastics. Utilizes all apparatus including floor, balance beam, vault, uneven bars and trampoline. Examples of skills: Cartwheel, Round off, Walkovers.

7 Sessions \$135
Instructor: Gymnastics of America, Inc.
352082 Gymnastics of America 4/12 F 7:00pm - 8:00pm

Gymnastics - Ages 5-6

Ages 5-6: Tumbling skills such as front & back rolls, cartwheel, bridge and handstand, Balance beam skills such as front and backward walk and more, Bar skills such as: skin the cat, front roll and more. Also trampoline skills such as tuck jump, straddle jump, sit drop and more. This class will develop children's strength, coordination, flexibility, mental processing and self confidence

7 Sessions \$135
Instructor: Gymnastics of America, Inc.
352080 Gymnastics of America 4/12 F 1:45pm - 2:45pm
352081 Gymnastics of America 4/12 F 3:30pm - 4:30pm

Gymnastics



MORE SPORTS

Challenger Sports

Player Development Soccer

Ages 5-9: Player Development Emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games.

8 Sessions \$130
Instructor: Challenger Sports British Soccer
352219 Olney Family Neigh Park 4/9 Tu 5:00pm - 6:00pm
352222 Stonegate Local Park 4/10 W 5:00pm - 6:00pm
352220 Meadowbrook Local Park 4/12 F 5:00pm - 6:00pm
352221 Darnestown Local Park 4/12 F 5:00pm - 6:00pm

MD Sports Youth League-Soccer

Ages 3-10: Soccer is the world's most popular sport. It requires very little equipment, it is great exercise and the rules are fairly simple. MD Sports soccer leagues encourage children to learn and play soccer in a fun, no-pressure environment. This program is much more about children than soccer. It is a wonderful way of introducing the little ones to sports. It is fun and it is great for building friendships. MD Sports soccer program is offered for children ages 3 through 10 split into four different age groups. The goal is to get every player maximum playing time throughout the game while teaching basic elements of strategy and fair play.

6 Sessions \$85
Instructor: Jazz Perazic's MD Sports
352622 Bauer Drive CC 4/13 Sa 3:00pm - 4:00pm

One on One All Sports

Ages 5-12: Learn the fundamentals in soccer, capture the flag, fun ball, kickball, basketball, and more. Each week One-on-One instructors will focus on a new sport or game. This program is flexible and can be modified based upon student interest in a particular sport/activity.

8 Sessions \$100
Instructor: One on One Basketball
352063 DuFief ES 4/9 Tu 3:15pm - 4:15pm
352064 Jackson Road ES 4/9 Tu 3:15pm - 4:15pm



Softball Teams are registering now!

Batter Up!

- Register by March 22, 2013
- Register as a team
- Playing Men, Women, CoRec
Leagues for Adults and Seniors
- Play begins in April

Don't get left on the bench - Register Today!

For more information visit us at montgomerycountymd.gov/rec
or contact Countywide Programs Office at (240) 777-6870.



Locations

Argyle Middle School
Roberto Clemente Middle School
Forest Oak Middle School
A. Mario Loiederman Middle School
Neelsville Middle School

Program Overview

Activities include creative arts, recreational sports, academic support, science, technology, engineering, mathematics, and more. Program days end at 5:15 p.m., providing an additional hour of programming for students.

The programs are FREE and include a hot meal and transportation home.

Why Excel Beyond the Bell?

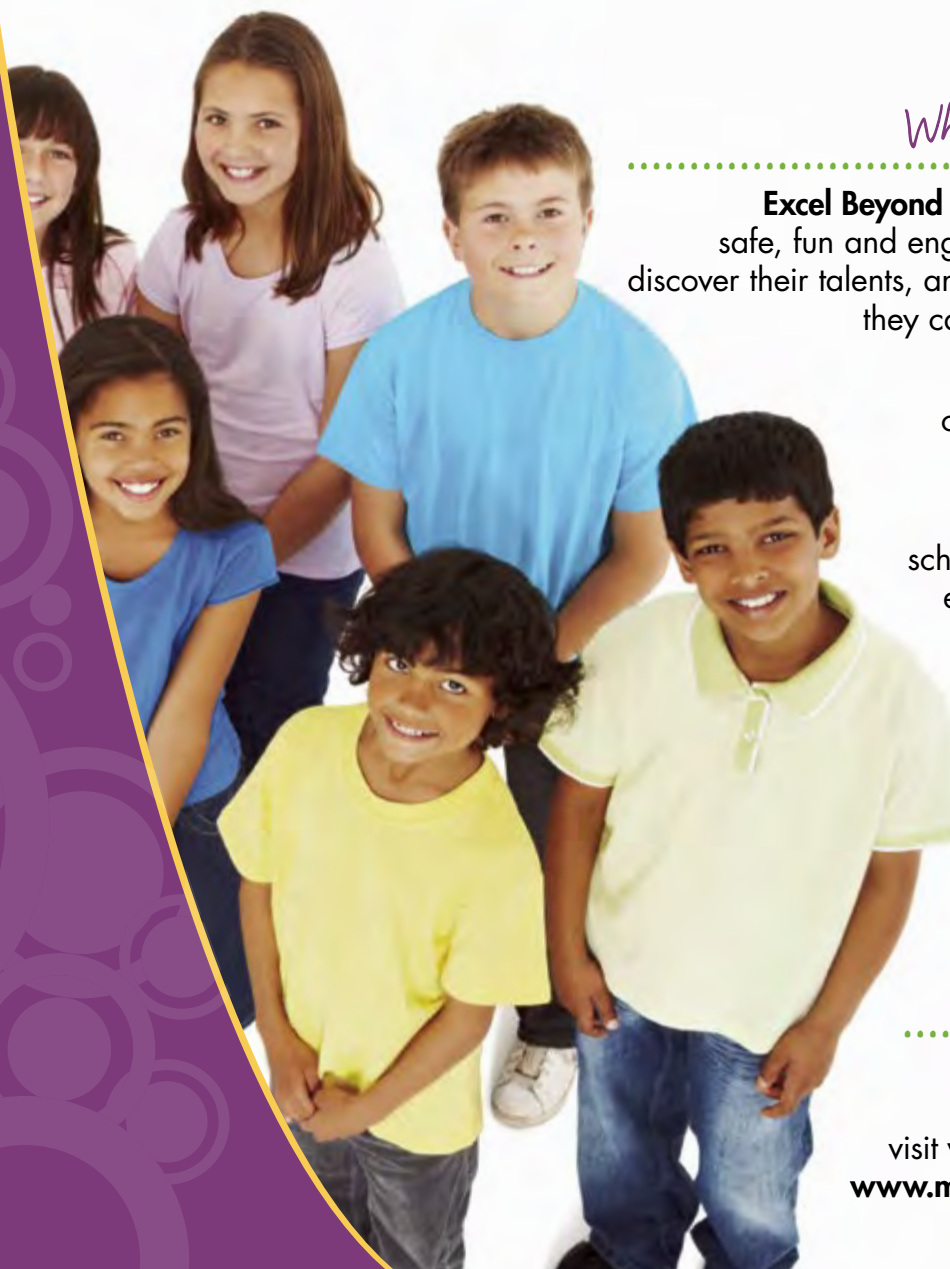
Excel Beyond the Bell provides youth with a safe, fun and engaging setting where they can discover their talents, and strengthen their life skills so they can succeed in school and life!

- Children are nurtured in a compassionate, consistent and cooperative environment.
- A site coordinator and after school liaison are on-site daily to ensure your child is safe when you can't be with them.
- Children and youth can learn new skills, get help with their school work and enjoy leisure time with friends.

To learn more about
Excel Beyond the Bell:
visit www.excelbeyondthebell.org,
www.montgomerycountymd.gov/rec
or call 240-777-6881



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Public Schools



TEENS



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Sports Academies

Join your friends for after-school fun at Blair, Einstein, Wheaton or Springbrook. Basketball, Soccer and special events keep teens connected during out-of-school hours. Homework help is also available.

RecExtra...For Middle Schools

Not ready for the day to end? Need a little more time with your friends? RecExtra, available at a limited number of MCPS Middle Schools, offers sports, arts, baby-sitting instruction, step dance and other fun, engaging activities. Check with your school's After-School Activities Coordinator for more information or visit our website for details.

Teen Escape Club

Where Artists Play

This fun, cool, event offers a safe youth space for fun and creativity. Open Mic Nights, Talent Shows, Contests and prizes are all a part of the fun for High School Montgomery County Teens! Visit our website for more information about locations, dates and times.

Youth Advisory Committee

Lead and Serve • Make a Difference!

Speak up! Get involved! The Youth Advisory Committee sponsors community service projects and provides your voice to Montgomery County decision-makers. Members meet at local community recreation centers. Teens CAN make a difference! Call now to join.

S.T.E.P.

Student Teen Employment Program

A student employment program for youth in Montgomery County. Students will learn leadership, team building, communication and job readiness skills for the future. Please Call Will Johnson at 240-777-4977 or email will.johnson@montgomerycountymd.gov for details.

Teen Events

Flag Football, Basketball, Futsal Tournaments and much more- Check website often for details.





Active Older Adult Programs (Age 55+)

SPRING 2013

Montgomery County Recreation has many diverse ways for Boomers and older adults to be active, whether working, semi-retired or fully retired. From full service senior center's to extensive trips, to our Countywide Senior Sneakers Fitness Program, the opportunities are bountiful. Include our programs and activities in your winter line up!

SENIOR CENTERS

Senior Centers are full-service facilities with a wide range of activities that are open five days a week. They provide a weekday lunch program, educational seminars, entertainment, and fitness classes. Transportation is available on a limited basis to most Senior Centers and Active Adult programs that serve nutrition lunches. Call 240-777-4980 for more information.

DAMASCUS SENIOR CENTER

M-W & F: 9:00am-2:00pm, Th 9:00am-4:00pm
9701 Main Street, Damascus
240-777-6995

HOLIDAY PARK SENIOR CENTER

M-F: 8:45am-4:00pm
3950 Ferrara Drive, Wheaton
240-777-4999

LONG BRANCH SENIOR CENTER

M-F: 10:00am-2:00pm
8700 Piney Branch Road, Silver Spring
240-777-6975

MARGARET SCHWEINHAUT SENIOR CENTER

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 9:00am-3:00pm
1000 Forest Glen Road, Silver Spring
240-777-8085

WHITE OAK SENIOR CENTER

M-F: 9:00am-3:00pm
1700 April Lane, Silver Spring
240-777-6944
(Nutritional Lunch on M, W, F)

55+ ACTIVE ADULT PROGRAMS

Montgomery County Recreation started its 55+ Active Adult Programs (formerly called Neighborhood Senior Programs) in the late 1950's, before there were five-day a week senior centers. Active Adult Programs are a wonderful opportunity for individuals 55+ to gather for educational, social, sports, and entertainment programs, and places to make lasting friendships. We offer programs two days per week at the sites listed below.

We are excited about growing at these locations and reaching more Active Adults. We encourage input and feedback from every source, and new ideas are always welcome. All of our groups are diverse and offer exciting programs for participants in the communities they serve. Along with exercise, dance, educational, and social activities, we also offer a variety of special programs and events. Montgomery College Lifelong Learning classes offer everything from lectures on current events to Art History and Art Appreciation classes at a number of locations.

Check us out at any of our locations. We're sure to have something for everyone!

Our locations, days & times include:

Bauer Drive Seniors

M & W 10:00am–2:00pm
Bauer Drive Community Center
14625 Bauer Drive, Rockville
240-777-6922

Bethesda/Chevy Chase Seniors

M & W 10:00am–2:00pm
Jane E. Lawton Community Center
4301 Willow Lane, Chevy Chase
240-777-6855

Clara Barton Seniors

Mon. & Wed. 10:00am–2:00pm
Clara Barton Community Center
7425 MacArthur Blvd., Cabin John
240-777-4910

Clarksburg Seniors**

Community of Faith United Methodist Church
22420 Frederick Road, Clarksburg
301-916-3899

Coffield Seniors

Tues., Wed. & Thurs. 10:00am–2:00pm
Gwendolyn Coffield Community Center
2450 Lyttonville Road, Silver Spring
240-777-4900

*The Wednesday program is a partnership with the Jewish Community Center and MCR. Lunch is available on Wednesdays only by calling 301-230-3751 for reservations.

East County Seniors* +

Tues. & Fri. 10:00 am–2:00pm
East County Community Center
3310 Gateshead Manor Way, Silver Spring
240-777-8093

Germantown Seniors+

Mon. & Thurs. 10:00am–2:00pm
Germantown Community Center
18905 Kingsview Road, Germantown
240-777-8098

Longwood/Olney Seniors

Mon. & Wed. 10:00am–2:00pm
Longwood Community Center
19300 Georgia Avenue, Brookeville
240-777-6920

Mid-County Seniors*

Tues. & Thurs. 10:30am–2:30pm
Mid-County Community Center
2004 Queensguard Road, Silver Spring
240-777-6820

Potomac Seniors

Tues. 10:00am–2:00pm & Fri. 10:00am–1:00pm
Potomac Community Center
11315 Falls Road, Potomac
240-777-6960

Praisner Seniors* +

Tues. & Thurs. 10:00am–2:00pm
Marilyn J. Praisner Community Center
14906 Old Columbia Pike, Burtonsville
240-777-4970

Ross Boddy/Sandy Spring Seniors* +

Wed. & Thurs. 10:00am–2:00pm
Ross Boddy Community Center
18529 Brooke Road, Sandy Spring
240-777-8050

+ Limited transportation available on program meeting days.

* Includes a nutrition lunch program on meeting days.

** This program is in partnership between MCR and the Community of Faith UMC.



55+ ACTIVE ADULT PROGRAMS

The Department of Recreation offers a variety of classes, programs, and special events, at eleven community center locations throughout the county. (Please see our locations page). Here is a sampling of the many programs we will be offering this winter. Please call the center for more information.

Unleash the Power of Age!!

What an AWESOME theme to be chosen for this year's Older American's Month Celebration in May. Look for exciting options of programs during the month of May-and all year! Visit our website for updates and more details on special events and activities that will be taking place during the month as the dates get closer.

Exciting News for

Adults 55+ in Clarksburg!

The senior group that was displaced from the Clarksburg Park Community Building (located on Route 355 next to Clarksburg High School) in 2010 will be returning to the building later this year under the auspices of the Clarksburg Sports Association. The dedicated group, will be happy to be reunited with their supplies and to the comfort of a handicap accessible building. They were graciously given space in the Community of Faith United Methodist Church during the interim. If you live in the Clarksburg area and are looking for a delightful group to join, you may call 240.777.4924 for information.

CLARA BARTON COMMUNITY CENTER

7425 MacArthur Blvd.
Cabin John
240-777-4910

"Spring into Spring"

with a piano concert and sing-along by Ray Greene and enjoy a pot luck lunch. Will be held on Wednesday, March 20th at 12:00 noon. Please register in advance at the Center.

Japanese Tea & Music at Strathmore Mansion

Enjoy a Cherry Blossom celebration on Wednesday, April 10, at 12:00 noon. Cost is \$28.00 per person and you must sign up in advance at the Center in order to participate. May Garden Party at Betty's. May 17, 2013 at 12:00 noon. Once again we will be awed at the vast beautiful gardens on the property. Pre-registration at the Center is required.

GERMANTOWN COMMUNITY CENTER

18905 Kingsview Road
Germantown
240-777-8095

The Germantown Senior Program takes place every Monday and Thursday from 10:00 am to 2:00 pm and offers a variety of fun activities, including: Holiday Luncheons, Mah Jongg, Arts and Crafts, health & wellness classes, lectures, and making new friends. There is an English class every Monday and Thursday from 11:00 am to 11:30 am & a Spanish class from 11:30 am to 12:00 noon. The Germantown Community Center also offers the Senior Fit exercise class on Tuesday's from 1:45 pm to 2:30 pm and Thursdays from 11:30 am to 12:15 pm. Unless noted, all of the senior programs are free to those 55 and over.

JANE E. LAWTON COMMUNITY CENTER

4301 Willow Lane
Chevy Chase
240-777-6855

The Lawton Community Center offers a variety of health & wellness, exercise, Montgomery College Lifelong Learning classes, and lectures of interest to seniors on a regular basis. Highlights for this spring include two classes, Tai Chi & Zumba Gold, being offered in conjunction with Suburban Hospital. Pre-registration is required and there are fees for both classes. Please call the Center for more information or Suburban Hospital at 301-896-3939 to register or for additional details.

LONGWOOD COMMUNITY CENTER

19300 Georgia Avenue
Brookeville
240-777-6920

The Longwood Community Center offers a 55+ Active Adult Program every Monday and Wednesday from 10 am – 2:00 pm. Below is a list of the regular programs and classes that take place at the center.

Tai Chi

Every Monday 10am-Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind, led by Susan of Montgomery General Hospital

Chair Aerobics

Every Monday 10am- A great way to safely maintain great health and exercise!

Ceramics

Every Tuesday 10am

Game Of Bridge

Every Tuesday 10am- 1pm

Game Of Rummikub

Every Tuesday 1pm-4pm

Caribbean Line Dance

Every Wednesday 10am-A combination of soul line dancing & Choreographed line dancing to Caribbean music. Line dance with Caribbean flavor. Taught by the Senior Program Coordinator, Ayanna, this class is designed to encourage cardio activity.

"Real Stand Up Guys"

Every Wed. 11am -A time set aside for the men to talk and fellowship with other men. This time is designated for men to come together and spark conversation on subjects, such as sports talk, politics, religion etc... Your opinion is important and will be heard. Also this is an outlet for those that just need to be around people that can relate, whether you are a single man, married man, divorced, or widower this is designed with you in mind. Light refreshments will be served.



Follow us on Facebook and Twitter!

MID-COUNTY COMMUNITY CENTER

2004 Queensguard Road
Silver Spring
240-777-6820

The Mid-County Community Center offers a 55+ Active Adult Program every Tuesday and Thursday from 10:00am-2:00pm. Below is a list of the regular programs and classes that take place at the center.

Tai Chi

Every Tuesday 11am Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind, led by Susan of Montgomery General Hospital

Chair Aerobics

Every Tuesday and Thursday 10am-A great way to safely maintain great health and exercise!

Soul Line Dancing with Pat

Every Tuesday 10am-Groove to some soulful music with "Pat" as she teaches "Soul Line dancing" step by step.

Blood Pressure Checks

Every 2nd Tuesday Of The Month 10:30am-11:30am:
Administered By Adventist Healthcare

Caribbean Line Dancing

Every Thursday 10am -A combination of soul line dancing & Choreographed line dancing to Caribbean music. Line dance with Caribbean flavor. Taught by the Senior Program Coordinator, Ayanna, this class is designed to encourage cardio activity.

"Movie Madness"

Every Thursday 11am- Come on into Mid-county with your friends and enjoy a movie. If you would like to order some pizza or bring your lunch and stay a while, just let us know. We want you to come and hang out with us!

Come out and Play a game of Bridge!

Every Thursday 11am

"After Lunch Walk Away The Pounds"

Every Thursday 12:30pm

Senior's 55+ Volleyball

Every Friday 12pm-2pm

PRAISNER COMMUNITY CENTER

14906 Old Columbia Pike
Burtonsville, MD 20866
240-777-4970

Credit Reports and Scores

Thursday, April 11, 12:30pm - Rosemary Hill from Money Management International is back to talk about this important topic. Your credit report and score, when used together, provide an inspection report of your past use of credit. Learn how to obtain your credit report, dispute incorrect information and learn what you need to know about your credit score.

African Violets

Thursday April 18, 12:30pm - Master Gardener, Adele Fein is back. Learn what to do and what not to do with African violets. Whether you already have one (or more) or if you are thinking about buying and growing, you need to hear what Adele has to say.

POTOMAC COMMUNITY CENTER

11315 Falls Road
Potomac
240-777-6960

"Spice up Your Life"

Seminar by Suburban Hospital
Tuesday, March 19, 2013 from 11am -12pm
Cost: FREE. Walk-in. Maximum capacity 50 people.

Eggciting Spring Brunch

Tuesday, April 2nd, 2013
Cost: TBA includes buffet & entertainment. Call the Center for information. Cash or checks only. Please make checks payable to: "Friends of the Potomac Community Center." Advanced registration required in person at PCC M-F 9am-5pm until 2:00 p.m. on Friday, March 29.

WHEATON COMMUNITY CENTER

11711 Georgia Avenue
Wheaton
240-777-8057

The Wheaton Community Center offers several programs on a regular basis for seniors 55 and over. A few highlights include:

Senior Volleyball

Monday & Thursday 12:30 - 2:30 pm

Holy Cross Senior Fit Exercise Class

Monday & Wednesday 11:00 – 11:45 am

Bone Builders Exercise Class

Tuesday & Thursday 1:00pm – 2:00pm

Did you know???

that the Recreation Department offers many opportunities for individuals 55+ to participate in volleyball, basketball, badminton, table tennis, billiards and other individual and team sports? Drop-In Gym programs only require individuals to get a \$30.00 a year open gym pass. There are also leagues offered at several locations that are co-sponsored with the Montgomery County Senior Sports Association (MCSSA).

Open Gym Basketball locations:

Bauer Drive Community Center
Senior Basketball on Tuesdays and Thursdays
from 9:00am to 12:00pm

Longwood Community Recreation Center
Senior Basketball on Mondays & Tuesdays
10:00am to 3:00pm &
Wednesdays and Thursdays
12:00pm until 3:00pm.

Open Gym Volleyball locations:

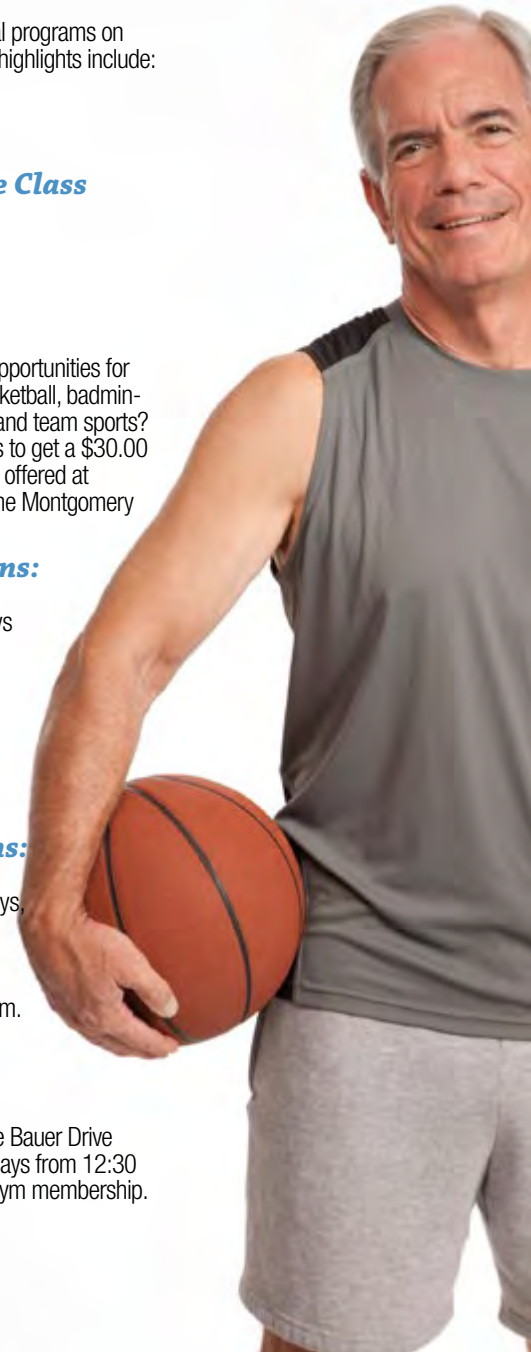
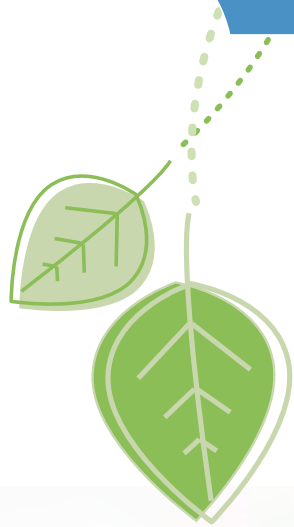
Bauer Drive Community Center
Senior Volleyball held Mondays & Wednesdays,
10:30am-12:30pm.

Mid-County Community Center
Senior Volleyball held Fridays 12:00pm-2:00pm.

Also of interest...

Microflyers

An indoor model plane flying club meets at the Bauer Drive Community Center on Mondays and Wednesdays from 12:30 to 2:30 pm. Participants must have an open gym membership.





SENIOR EXERCISE CLASSES AT COMMUNITY CENTERS

In addition to exercise classes offered at our Senior Centers, many Community Centers (CC) offer senior exercise classes. To learn about availability and to sign up, call the Community Center for which you are interested.

Senior Fit

A partnership with Holy Cross Hospital, and Montgomery County Recreation. These free classes help participants to improve strength, endurance, and flexibility. Participants must have a doctor's permission note. Call 301-754-7895 for registration information.

Bauer CC	M, W, 9:00am-9:45am and 10:00am-10:45am, F, 9:15am-10:00am
Ross Boddy CC	T, Th, 9:00am-9:45am
Coffield CC	T, Th, 10:30am-11:15am
East County CC	M, W, F, 10:45am-11:30am
Germantown CC	T, 1:45pm-2:30pm, Th, 11:30am-12:15pm
Long Branch SC	M, W, 12:00pm-12:45pm
Mid-County CC	F, 11:00am-11:45am
Praisner CC	M-F, 9:00am-9:45am, M, W, F, 10:00am-10:45am
Schweinhaut SC	M, W, 8:30am-9:15am and 9:30am-10:15am T, Th, 9:00am-9:45am, Sa, 9:30am-10:15am
Wheaton CC	M, W, 11:00am-11:45am
White Oak CC	T, F, 9:00am-9:45am



OTHER COUNTY RECREATION AND EDUCATION RESOURCES FOR OLDER ADULTS:

The Lifelong Learning Institute of Montgomery College provides many intellectually stimulating courses for Montgomery County residents age 50 and over. Visit www.montgomerycollege.edu or call 240-567-1828 for more information.

Jewish Council for the Aging, www.accessjca.org offers numerous programs for older adults.

Senior Info Pages at: montgomerycountymd.gov/seniors. For telephone assistance and information, call the Senior Resource Line at 240-777-3000.

OASIS offers challenging programs in the arts, humanities, wellness, technology and volunteer service for mature adults. For more information call (Bethesda) 301-469-6800 press 1, then extension 211 or (Chevy Chase/DC Area) 202-686-9760.

VOLUNTEER: Visit the Montgomery County Volunteer Center at montgomerycountymd.gov/volunteer

SENIORS TODAY!

Watch Seniors Today, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6.

SENIOR SNEAKER EXERCISE PROGRAM

Montgomery County Recreation's popular Senior Sneaker Program helps adults age 55 and older have access to quality exercise/weight rooms across the County at a very affordable \$50 annual membership fee. For this low fee, members can use the exercise/weight rooms until 3pm Monday through Friday. For those wanting more flexibility, a full Exercise/Weight Rooms Membership is available. Call 240-777-4980 for details.

The Senior Sneakers Program is available at the following Community Centers:



CLARA BARTON CC	BAUER DRIVE CC	ROSS BODDY CC	COFFIELD CC
DAMASCUS CC	EAST COUNTY CC	GERMANTOWN CC	LAWTON CC
LONG BRANCH CC	LONGWOOD CC	MID-COUNTY CC	POTOMAC CC
MARILYN J. PRAISNER CC	UPPER COUNTY CC	WHEATON CC	WHITE OAK CC
WISCONSIN PLACE CC			

SPECIAL ACTIVITIES AND EVENTS

DAMASCUS SENIOR CENTER

9701 Main Street, Damascus, MD
240-777-6995

Hours: M, Tu, W, F 9:00am-2:00pm, Th 9:00am-4:00pm

The center has exercise classes, entertainment programs, workshops, a gift shop; exercise room, craft and art rooms for craft classes of all kinds; billiards, ping-pong, shuffleboard and a sunny dining area where lunches are served every weekday.

St. Patrick's Day Luncheon

Thursday, March 14th, 2013 • Noon

Chef Sue will make this day memorable to all of the Irish who have come to eat and celebrate. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 – 59 is \$7.00. 60+ Donations requested.

Anna Pappas Presents

"A St. Patrick's Day Celebration"

Thursday, March 14th, 2013 • 1:00pm

Anna, Nick, John and the gang will be here to entertain with a new St. Patrick's Day act. Cost: FREE

The Golden Aires Band

Wednesday, April 3rd, 2013 • 1:00pm

The Golden Aires who plays music from the big band era of the 1930's and 40's will be here to entertain. Cost: FREE

Cholesterol Screening

Wednesday, April 17th, 2013 • 9:30am – 11:30am.

Shady Grove Hospital will have its screening here at Damascus Senior Center. You must register in advance by phone 1-800-542-5096. There is no drop in registration.

Cinco De Mayo Luncheon

Thursday, May 2nd, 2013 • Noon

Chef Sue prepares a wonderful meal for our annual celebration. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 – 59 is \$7.00. 60+ Donations requested.

Ice Cream Social

Tuesday May 21st, 2013 • 1:00pm.

The Damascus Senior Center will have an Ice Cream Social with all of your favorite toppings. Cost: FREE

Garden Party Luncheon

Wednesday, May 22nd, 2013 • Noon

Chef Sue will have a great meal prepared for our Damascus Senior Gardeners. The menu will be available at the reception desk one month prior to the event! Call the Damascus Senior Center for reservations. Price for the Meal age 55 – 59 is \$7.00. 60+ Donations requested. Entertainment at 1pm, TBA.

DSCSI Trip Information

Hampton National Historic Site

Thursday, March 21st, 2013 • 9:00am – 3:00pm

The Damascus Senior Center Sponsors Incorporated (DSCSI) sponsors today's trip to Hampton National Historic Site. For more information please contact Diane Kavanagh at 240-777-6995. Cost: TBA

LONG BRANCH SENIOR CENTER

8700 Piney Branch Road, Silver Spring, MD
240-777-6975

Hours: 10:00am-2:00pm, M-F

The Long Branch Senior Center provides ample social opportunities, health and wellness programs, lifelong learning and educational programs, exercise classes and fun! Take a look below at a sampling of our upcoming programs and classes, or stop by and visit with us!

Classy Sassy Fashion Show !!!

Join us on Thursday, April 18th, 11 – 1, for our annual Fashion Show. Whether as a model or an audience member you won't want to miss it. Both men and women may model. Clothing categories include casual, sporty, thrift store, dressy or ethnic. One or 2 outfits per person and each participant must fill out a model information form. Reserve your space at the reception desk, or call 240 777 6975. Free

Crafts

Long time volunteer Lisa shares her talent and creativity making crafts for fun or for gifts. Mondays and Wednesdays at 10:30. Free

Tai Chi

On Thursdays at noon, local instructor Kirk Talbott leads a relaxed and fun Qi Gong and Tai Chi practice that emphasizes balance, alignment, awareness, health, and enjoyment in moving and meditation. Peter Mosher and Dr. Hame Watt lead Friday's 10am class with breathing exercises and slow and gentle movements that improve balance and concentration. All levels of skill and mobility are welcome. Free

Mother's and Father's Day Luncheon

We will celebrate a combined Mother's and Father's Day, with a special luncheon catered by Chef Sia and sponsored by the Senior Nutrition Program. Wed. May 15th, \$5.00. Sign up at the second floor reception desk or call 240-777-6875.

Seeking Gardening Volunteers

This is the second growing season for the outdoor garden. Any donations of herbs or vegetable seeds or plants, shade annuals, organic soil amendments or labor would be appreciated.

BONE BUILDERS GROWING LIKE CRAZY!

This program, sponsored through HHS, Aging & Disability Services, and taught by volunteers, has added classes throughout the Active Adult 55+ program. Come and join us and get stronger! Here are the community center locations we are currently offering classes at:

Mid County	Tues and Thurs	1:00pm – 2:00pm
Lawton	Tues and Thurs	9:15am – 10:15am
Potomac	Tues and Thurs	9:00am – 10:00am
Coffield	Tues and Thurs	10:00am – 11:00am
Wisconsin Place	Tues and Thurs	9:30am – 10:15am
	Mon and Thurs	10:00am – 10:45am
	Tues and Thurs	11:15am – 12:00pm
Wheaton CC	Tues and Thurs	1:00pm – 2:00pm



MARGARET SCHWEINHAUT SENIOR CENTER

1000 Forest Glen Road, Silver Spring, MD
240-777-8085

M-Th: 8:15am-4:00pm, F: CLOSED, Sat: 9:00am-3:00pm

The Margaret Schweinhaut Senior Center is a welcoming colorful upbeat place with a wide range of activities and amenities. The Center includes a large auditorium with a full stage, an arts studio, a self-serve library, a colorful Garden Room and a delightful Daisy Room and the best billiard room available to seniors in Montgomery County. Besides having an attractive and accommodating setting with ample parking, Schweinhaut Senior Center offers weekly entertainment programs, a book discussion group, a Brush Up Your Shake-speare group, health screenings and education, exercise and fitness classes, a Work Out Room, art initiatives – ceramics, painting, woodworking, quilting, knitting, origami, a Network Niche and more. The Center also features informational speakers, dances, theme parties, and special events. A visit to the Schweinhaut Center will no doubt prove to be a joy and a very positive experience.

Music, Maestro, If You Please.....

Seth Kibel:

Klezmer Music and a Frayloch Time

Wednesday, March 27, 1 p.m.
Welcome Seth Kibel, one of the Mid-Atlantic's premier woodwind specialists. Wowing audiences on saxophone, clarinet and flute, this multit talented musician has made a name for himself throughout the country. Come and enjoy the energetic renditions of this fantastic musician. Free.

A Party with Maureen Ribble:

Songs to Lighten Your Heart

Monday, April 15, 1 p.m.
Maureen is a singer of upbeat exuberance. With a wide variety of songs from Tin Pan Alley to Broadway, she radiates charm and pizzazz. And with her special knack of engaging her listeners, she sings medleys from The Great White Way, and the 1940s Hit Parade. You're sure to love Maureen's party! Brought to you by Community Vaudeville of the National Theatre, Washington DC

Good Times Show Band

Monday April 29, 1 p.m.
A festival of rock, folk and lots of fun music is in store with the upbeat sound of this wonderful band. We guarantee an afternoon of entertainment plus a boppin' beat for all to enjoy. Dance, swing and enjoy! Free. Donations gladly accepted. Space limited.

D.J. Lee – The Disc Jockey With Soul, Warmth and Lots of Fun

Monday, May 13, 1 p.m.
Today you can "strut your stuff". D. J. Lee, a disc jockey with a fun-flair will have you swingin' to the oldies and line dancin' like you've never done before. We'll do the Macarena, the cha-cha-fly and have loads of fun. Get your groove on! Free – however, donations encouraged depending on how much fun you have.

Jesse Palidofsky:

One Man Band Extraordinaire

Monday, June 10, 1 p.m.
Back by popular demand -- Throngs of Schweinhaut participants yell for more fabulous entertainment by Jesse Palidofsky. He brings us Ellington to Motown, Hoagy Carmichael to Rodgers & Hammerstein, Nat King Cole to Frank Sinatra to Hank Williams and beyond. Jesse brings toe-tapping music and ballads from the 1930's through the 1960's. Jesse is a one man band – accompanying his soulful vocals with tasteful piano, guitar and harmonica arrangements. An hour with Jesse will get your heart singing! Admission free. Generous donations smilingly accepted.

All music programs are free. However, we graciously accept and encourage donations to defray the cost of hosting these fine entertainers.

What you didn't know or perhaps you did and want to know more....

Author, Author

Wednesday, March 13, 1 p.m.
It's astounding how many authors have led lives that are stranger than fiction! Come hear the intriguing and fascinating tales of -- not by! -- many authors you have read and loved.

Here Come the Brides-

Wednesday, June 12, 1 p.m.
Weddings are universal, but every culture has its unique way of marking this rite of passage. Learn about the traditions and the trends, the garb and the gifts, the meals and the music, of marriage celebrations around the world.

Socially Speaking-A Two-Part Series on socialization issues today.

Looking for love: 60 and up

Wednesday, May 8, 1 p.m.
Many seniors are interested in dating, but they may not know where to start. This presentation will present common barriers to dating, and how to overcome them. Included will be a discussion of online dating. Fee: \$2.00

How to Rekindle the Romance

Wednesday, May 15, 1 p.m.
Whether you've been together for 5 years or 50, many couples start to feel like they've lost some of their passion. This presentation will discuss some of the factors that cause this, and how to get past them. Fee: \$2.00



Rekindle the Romance

Follow us on Facebook and Twitter!

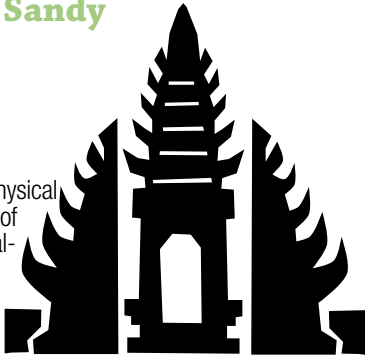


Places with Sandy and Gail

Bali

Wednesday, April 24,
1 p.m.

Idyllic Bali is both a physical paradise and a place of almost mystic spirituality. The Balinese have managed to preserve a native optimism and sense of sanctity about their rich culture – despite the fact that the Indonesian island in the South Pacific is often overrun with travelers. But Bali is blessed with much more than a benevolent spirituality. Simply put, Bali is one of the beautiful places on earth.



A Healthier and More Knowledgeable You....

HeartWell In Action

Sponsored by Suburban Hospital/Johns Hopkins Medicine
A free community-based health promotion program focused on cardiovascular health and wellness through screenings, counseling and education programs.
Every Wednesday, 10 a.m. to 2 p.m. (with the exception of the first Wednesday)

"Know Your Numbers"

Suburban Hospital HeartWell Nurse will provide health counseling on the vital numbers for cardiovascular health (Blood pressure, cholesterol, BMI and blood sugar.)
Suburban Hospital introduces an exciting concept in health education. Leni Barry, a nurse of extraordinary knowledge, energy and health promotion will provide an educational life-health-seminar on the first Wednesday of each month. See 'Happenings' – Schweinhaut's monthly newsletter for monthly topics or call Center Reception Desk.

Discussion Group – Maximizing You!

Thursdays, 11:00 a.m.

Join this enlightening discussion group to discuss issues on aging.

- Maximize your quality of life
- Emphasize the positive
- Create satisfaction everyday

Led by Edie Mahlamann, LCSW-C . Free.

Go Safely!

AARP Driver Education Class

Monday, April 15 and June 17, 10 a.m. to 3 p.m.

A one-day classroom, safe-driving course which focuses on defensive driving. Pre-reg. req. at the Center or by mail. Make \$12.00 check to AARP. No cash please.



Marvelous Mondays at the Movies in the Garden Room.

Join us for an afternoon of movie greats in a lovely setting. Refreshments available in the lobby.

First Do No Harm-

Monday, March 18, 1 p.m.

This film tells the story of a Midwestern family, the Reimullers. Lori (played by Meryl Streep) is the mother of three children and the wife of Dave, a truck driver. The family is presented as happy, normal and comfortable financially until their son is diagnosed with epilepsy. Then their lives are totally changed and their abilities to cope are challenged.

Shirley Valentine

Monday, April 8, 1 p.m.

A British/American romantic comedy-drama. Shirley Valentine-Bradshaw is a 42 year old Liverpool housewife whose family pays her so little attention she frequently talks to her kitchen walls. When her flamboyant friend Jane wins a trip for two to Greece, Shirley uncharacteristically puts herself first and accepts her invitation to join her. The rest is a story of love, living and feelings.

The Goodbye Girl

Monday, April 22, 1 p.m.

This movie is a 1977 American romantic comedy-drama film. Paula McFadden (Marsha Mason) learns she has been dumped by her married boyfriend and that he has sublet the Manhattan apartment she lives in with her ten-year-old daughter. Elliot Garfield (Richard Dreyfuss), a neurotic but sweet aspiring actor from Chicago, shows up shortly thereafter in the middle of the night, expecting to live there, as he now rents the apartment. Though Paula is demanding, and makes clear from the start that she doesn't like Elliot, he allows her and her daughter to stay. Come and find out what happens next!

It Runs In The Family

Monday, May 6, 1 p.m.

A comedy-drama starring three generations of the Douglas family; Kirk Douglas, his son Michael Douglas, and Michael's son Cameron Douglas, who play three generations of a family. The story involves a highly successful New York City family, each with its set of problems, and highlights the difficulties of the father-son relationship. You are sure to enjoy this wonderful film.

Harry & Tonto

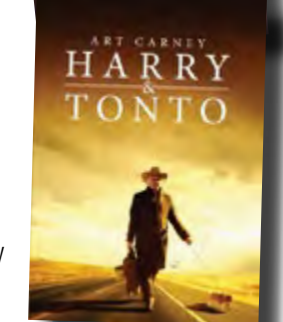
Monday, May 20, 1 p.m.

Harry Coombes (Art Carney) is an elderly widower who is forced from apartment in New York City when his building is condemned. He initially stays with his son's family in the suburbs but eventually chooses to travel cross country with his pet cat "Tonto" in tow. Initially planning to go to Chicago, he instead boards a long-distance bus, then later impulsively buys a used car to continue the journey. A wonderful story ensues – full of pathos, humor and lots more.

We Bought A Zoo

Monday, June 3, 1 p.m.

This film tells the story of Mee and his family who just moved into a dilapidated zoo and took on the challenge of preparing the zoo for its reopening to the public. Recently widowed Benjamin Mee (Matt Damon), still grieving his loss, starts life over by buying a large house with a zoo in the back. Although reluctant to take on a zoo and all of its animals, he decides to give it a try. Join us to see how this all turns out.





5th Annual Active Aging Expo

"Aging Sensationally and Safely"

**Monday
May 6, 2013
9am - 2pm**

The City of Gaithersburg will be hosting the 5th Annual Active Aging Expo! Last year more than 500 older adults attended and learned about valuable programs and services, benefited by preventative screenings, participated in interactive demonstrations and enjoyed a variety of pampering.

The Activity Center at Bohrer Park
506 South Frederick Avenue
Gaithersburg, Maryland 20877

If you have any questions, or would like additional information, please contact us at 301-258-6380.

4 WAYS TO REGISTER!



RECWEB

Our secure on-line registration is fast and easy and still your most convenient way to register. Available 24 hours a day, 7 days a week.



FAX

240-777-6818. Processed in a secure environment.



MAIL

Registrar, Montgomery County Recreation,
4010 Randolph Road, Silver Spring, MD 20902



WALK-IN

While you wait! Registrations will be processed at the following location:

Recreation Administration Building
4010 Randolph Road
Silver Spring, MD 20902

SCHWEINHAUT continued

Shape Up Now....

NEW! You asked for it, we got it....

Chair Yoga

Thursdays, 10:30 a.m., Fee: \$30.00 for six sessions
Enjoy the benefits of Yoga with this safe, gentle program for people of all fitness levels including those with movement limitations. Increase flexibility, range of motion, and core strength while improving your posture and balance. Some exercises are done standing using the chair for support and most of the class is done seated. Fee: \$30.00 for six sessions. Co-sponsored by Holy Cross Hospital. Call 301-754-7895 to find out when the next session will begin and to register for this new offering.

NEW! Building Blocks of Tai Chi

Thursdays, 11:15 a.m.
Hands-on instruction in Tai Chi, emphasizing body awareness, a "learning mind", and a sense of enjoyment. Free. Call the Center for more information. Dates to be announced.

Senior Fit

Monday/Wednesday, 8:30 and 9:30 or Tuesday/Thursday, 9:00 and Saturday, 9:30.
Designed especially for seniors – this exercise program focuses on increasing strength and muscle endurance while improving balance and flexibility. Sponsored by Holy Cross Hospital and Kaiser Permanente. Call 301-754-7895 to request a permission form to be filled out by your physician in order to participate in Senior Fit. Free.

Tai Chi Chuan

Thursdays, 10:00 a.m.
Tai Chi is an ancient system of physical and mental harmony – gentle exercise that emphasizes relaxation, balance, and coordination. This class is designed for beginners, but all levels are welcome. Instructors: Fred Nee and A.M. Carey. Free.

Qi Gong

Saturdays, Noon.
Qi Gong aims to relax your body, calm your mind, and refresh your heart with these easy-to-learn exercises that can be done using a chair for balance and stability. Directed meditation ends each session. Instructor: Mike Kornely. Free.

For The Fun Of It....

Duplicate Bridge At The Schweinhaut Center

Tuesdays and Thursdays at 12:30 p.m.
Duplicate bridge is the most widely used variation of contract bridge in club and tournament settings. Duplicate Bridge is thriving at this Center. ACBL sanctioned. Coordinated by Roz Dixon. Fee: \$5.00

Pool/Billiard League

Tuesdays and Thursdays at 11:00 a.m.
Join in the fun at Montgomery County's finest pool room! Two 8-ball Pool Leagues are shooting Tuesdays and Thursdays. Free play during other open hours.

WHITE OAK SENIOR CENTER

1700 April Lane, Silver Spring
240-777-6944

Hours: 9:00am-3:00pm. M-F

This 5 day-a-week Senior Center began with a 3-day a week Nutrition program and many fledgling events. The Senior Center hours are Monday-Friday 9:00 a.m. to 3:00 p.m., but we are offering some evening programs as well so that Active Adults can register for a class after work or when their schedule allows. We want to try some new things here, so your ideas and suggestions are appreciated. Here are a few of our program highlights:

Exercise and Dance !

Zumba Gold: Wed. 10 am-11am \$50.00 for 10 classes

Tai Chi: Mondays & Wednesdays 9am-10am

Soul Line Dance: Thursdays 10am-11am

Badminton: Tuesdays & Thursdays 10am-11am

Afternoon Walking Group: Tuesdays 1:30pm-2:30pm

Senior Fit: Tuesdays & Fridays 9am-10am

Cultural Cooking

2nd & 4th Fridays 1:30pm - 3:00pm

Come and socialize while learning to cook various dishes from other cultures.

Book Lovers Book Club

Every 1st and 3rd Fridays 1:30pm-3pm

Lets explore several book selections and get a group together!

Blood Pressure Screening

First Monday of the month 10:00am – 10:45am

Facilitator: Holy Cross • Nurse: Holy Cross Hospital.

Art & Relaxation

Thursdays 11am-12pm

Develop or refine basic drawing and painting skills in a relaxed atmosphere to music. Bring arts supplies to share or use ours. No special skill needed. Anyone can do it!

Year-Round Gardening

Thursdays 1:30pm - 2:30pm

Join us as we create container gardens at White Oak Senior Center! We will also share ideas and solutions from our own gardening experiences.

Garden Club

Second Monday of the month 1:30pm – 3:00pm

Discuss how to plant many different types of plants and flowers for your home and garden.

Wii Bowling

Mondays and Wednesdays 1:30pm-3:00pm

Join the competition to crown a new national champion and see how White Oak stacks up.

Lifelong Learning Institute offerings include:

“The History of Opera”

Tuesdays, 10-11:30am beginning March 19, 2013-April 16
Please call Montgomery College at 240-567-1828 or visit their website at: www.montgomerycollege.edu for more information or to register.

Coping: A Journey to Living Well

Wednesdays: February 27, 2013 – April 3, 2013

Time: 1:00 - 3:30 pm

Join this free six-week program to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition may require you to alter your activities. Discover new ways to break the “symptom cycle.” Living well means COPING with an ongoing health problem such as: Parkinson’s disease, Heart Disease, Asthma, Cancer, Arthritis, Mild Depression, Obesity, Osteoporosis. Anyone living with a long-term health condition is welcome to attend this workshop. Family members, friends and caregivers are also welcome. Classes are 2.5-hours, once a week for six weeks. Sign up now! 240-777-6944 or 240-777-6945 to register.

March

National Nutrition Month

Highlights include:

- Diabetes Education & Nutrition for cancer patients
- Quick healthy cooking on a budget
- “Just Eat and Enjoy!” Desserts without the guilt.
- Ethnic healthy cooking series: Shows you how to shop and cook food from various cultures.
- Test your knowledge (Most Nutritious Food Contest)

White Oak Senior Center Open House!

Thursday, March 28th 1pm-3pm

Our open house will offer tours of our green facility, demos of our current exercise classes, cooking demo in our kitchen, and musical entertainment.

April

April is Stress Awareness Month!

We will provide the following programs geared for stress relief:

- Spa Day: Beauty school will provide manicures & pedicures
- Lecture: Ways to relieve stress
- Stress Management-Techniques on breathing & meditating
- Laughter Therapy class

Earth Day Fair!

Monday, April 22nd, 11am-2pm

First annual Earth Day fair will display a variety of environment friendly vendors, environmental organizations and speakers offering eco resources and information.

May

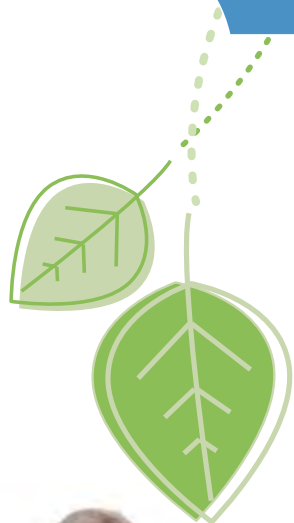
First Annual Health & Wellness Fair

Thursday, May 30th 10am – 2pm

Event Summary: May 30th is National Senior Fitness Day! We will host an event offering a variety of vendors from the local community offering services and goods for catering to the senior community. We will also have speakers and demonstrations offering a variety of entertainment.

Older Americans Month

We will have programs throughout the month to show our appreciation for older adults.



RecWeb . . .
Easy, Fast, Secure!
montgomerycountymd.gov/rec



HOLIDAY PARK SENIOR CENTER

3950 Ferrara Drive, Wheaton, MD
240-777-4999

Hours: 8:45am-4:00pm, M-F

The Center has social and educational programs every day with programs and classes in exercise, music, art, dance, travel, health and consumer education, plus drop-in discussions on the news and current events. Call for session dates, registration information and fees or visit us on the web at holidaypark.us.

Spring into Action

Exercise One Way or Another HPSC Offerings

Pre-registration required classes:

Zumba

Zumba class offerings are Monday, Wednesday, Thursday & Friday

Zumba Gold

Zumba Toning

Zumba Wake-Up Call

Cardio Rhythm

Bone Building with Joanne Zoladz

Beginner Choreographed Line Dancing with Lynn Osborne

As Easy As ABC with Matt Rundell

Stability Ball with Matt Rundell

International Folk Dancing

Pilates

Drop-in Workouts

Tai Chi

Tai Chi Sword

Easy Fit Dancing - \$2.00 per class

Lectures Learning & Laughter Classes

Stepping On Stage With Steffi Offutt

Bridge With Sunny Levin:

It's best to start at the very... Beginning...

Your Life History In An Hour

With Fran Kovalchik

From the Family History Center

Call HPSC – 240-777-4999 for Spring start dates and fees.

This Is Your Brain On ...The Arts

We enjoy The Arts because they are good for our brains. Explore this hypothesis with author and educator Michael C. Patterson in a 4-part class that looks at your brain on visual art, dance, music and theater. Patterson ran the Staying Sharp brain health program for AARP, is on the Board of the National Center for Creative Aging, is co-founder of MINDRAMP and was a professional actor. FEE: EACH SESSION IS \$3.00 OR ENJOY THE SERIES OF FOUR LECTURES FOR \$10.00.

Registration begins March 18: 240-777-4999.

This Is Your Brain On ...Visual Arts

Art is found in every human culture, which suggests that art is important to human evolution. Join MC Patterson as he discusses why our brains enjoy the arts and, in turn, how arts enhance health and mental capacity.

Tuesday, April 16, 2013, 1:30 – 3:30 p.m.

FEE: \$3.00

This Is Your Brain On

Dance, Movement & Exercise

Brains and bodies are designed to take action – to move, to dance. Physical exercise is often cited as the most important way to promote brain health and prevent dementia. Learn how our brains work together to move and how movement can build stronger brain/body connections.

Tuesday, April 30, 2013, 1:30 – 3:30 p.m.

FEE: \$3.00

This Is Your Brain OnMusic

Why does every culture on earth make music? Why do brain and body instinctively respond to rhythms and melodies? This workshop explores the connection between the brain's sound processing function and our appreciation of music.

Tuesday, May 14, 2013, 1:30 – 3:30 p.m.

FEE: \$3.00

This Is Your Brain On

Theater And Performance

As social beings, it is essential that we can read each other's thoughts and feelings. Learn how actors exploit these capabilities to manipulate the attention and emotions of an audience and how watching actors strengthens our social and emotional intelligence.

Tuesday, May 28, 2013, 1:30 – 3:30 p.m.

FEE: \$3.00

Updates On Good Health & Good Health Practices

Screenings Update:

New Recommendations For Screenings For Breast & Prostate Cancer

Sponsored by Suburban Hospital

March 21, 1:15 p.m.

Why Am I Shrinking, And Other Aging Back Concerns

Sponsored by Adventist HealthCare

May 21, 1:15 p.m.

Spring Music Concerts

Singer/Pianist Dale Jarrett

Tuesday, March 19
1:15 – 2:15 P.m. \$2.00 At The Door.

Andrea And Chyp Doo Wop, Doo Wop

Monday, April 1 (April Fool's Day)
Fee: \$1.00 At The Door.

Jessie Palidofsky

Monday, April 15, 1:15 P.m.
Fee: Free

Singer Steffi Offutt

Monday, April 22, 1:15 P.m.
\$1.00 At The Door.

Older Americans Month: The Leisure World Chorale

Friday, May 3, 1:15 Free

Singer/Guitarist Ellis Woodward

Monday, May 13, 1:15 P.m.
\$1.00 At The Door.

Dance Club Friday

Fridays, 1:15-3:15 p.m.
Fee: \$5.00 At The Door.
Live music, meet new friends,
everyone is welcome, light
refreshments
are served
at the break.

Music by Mike Surratt

April 8 & May 10

Music by the John Brown Band with singer Dolly Bennof

April 26

The Retro Rockets

April 5

The Dale Jarrett Trio

May 24

American Landscapes: The Hudson River Artists & The American Impressionists At Giverny

Presented by Joan Hart, Art Historian, Museum One
Author of Through the Artists Eye
April 23 & May 2, 1:15- 2:30
FEE: \$5.00 for both lectures. \$3.00 for each lecture as
space permits.

Registration begins April 15, Space limited.

Tuesday, April 23, 2013: The Hudson River School was a mid-19th century art movement by a group of landscape painters who were influenced by romanticism. Several European artists influenced these artists' works but it was contemporary American writers such as Henry David Thoreau and Ralph Waldo Emerson who shared their reverence for America's natural beauty. The paintings depict the Hudson River Valley and the surrounding area including the Catskills, and Adirondack and White Mountains. Two American artists Joan Hart highlights will be Thomas Cole and Frederic Edwin Church.

Thursday, May 2, 2013: The Giverny colony dates back to 1887, when a small band of artists including Willard Metcalf, Louis Ritter, Theodore Wendel, and others settled there to study under the great French Impressionists and to paint. There were two waves of Americans who came before WWI. The first group primarily painted landscape, as this Impressionist movement was concerned with the expression of outdoor light and atmosphere. Learn about the lives and works of these artists and the artists who followed.

SENIOR SHAPE

A partnership
between Suburban
Hospital
and Montgomery
County Recreation.

These classes
provide strength,
flexibility, and aerobic
exercise training. You
must have a doctor's
permission and there
is a \$30 fee for 3
months.

Classes are currently
being offered at Clara
Barton, Potomac and
Lawton Community
Centers. Call
Suburban Hospital
at 301-896-3939 or
the centers for more
information.



Bridge near Giverny
Oil on canvas, c1892
Muskegon Museum of Art (United States)
From ARC at artrenewal.org



FIND US FAST ON
YOUR SMARTPHONE



TRIPS AND TOURS



SENIOR OUTDOOR ADVENTURES IN RECREATION

Plan to SOAR this Spring!

Day trips are designed for the active, vigorous senior adult, age 55 and older. Each trip involves a lot of walking and/or exercise. Travel by motorcoach for trips unless otherwise specified. Spring registration begins at 8:30 a.m. on February 4, 2013.

Please Note: Due to the WSSC work at Holiday Park parking areas, All Spring 2013 trips depart from and return to the parking area near field #1 at Olney Manor Park, 16605 Georgia Avenue, Olney, MD. Please Plan to Arrive 15 minutes prior to departure; all trips depart promptly at the advertised time.

Cherry Blossom Cruise and Lunch On the Sprint Cruise Line

We'll begin our day by cruising along the Potomac River and enjoying a relaxing lunch buffet (included) on the Spirit Cruise Line as we enjoy the sights of Washington with the Cherry Blossoms in bloom. The captain will narrate the many historic sites as we sail down the Potomac River. There will also be light entertainment by the crew who will sing and dance (along with those who would like to participate).

Fee: \$79

348272 Thursday, March 28 Leave 10:00am, Return 4:00pm

The Barnes Foundation Art Gallery and National Museum of American Jewish History

A New Tour! Between 1912 and 1951, Albert C. Barnes assembled one of the world's most important holdings of post-impressionist and early modern art, acquiring works by avant-garde European artists such as: Paul Cezanne, Henri Matisse, Picasso, Renoir, Van Gogh to name a few. Also exhibited are old master paintings, American paintings, antiquities from the Mediterranean region, and Asia, and more. Also be guided on a tour of the National Museum of American Jewish History. The story begins in 1654 and continues through today. The exhibits are: The Foundations of Freedom 1654 - 1880, the Dreams of Freedom 1880 - 1945 and the Choices and Challenges of Freedom 1945 - Today. A box lunch at the Museum of American Jewish History is included.

Fee: \$89

348273 Wednesday, April 3

Leave 7:00 am, Return 7:00 pm

348274 Thursday, April 4

Leave 7:00 am, Return 7:00 pm

Jefferson Memorial with cherry blossoms, Washington, D.C.
Carol M. Highsmith, photographer
Courtesy: Library of Congress

Guided Tour of James Madison's Montpelier Estate

In the splendor of the Virginia countryside, experience the rediscovery of the mind and the man who forged the framework of our nation, who created the Constitutional Charter that defines our democracy, our thinking, and our society. Be guided through the mansion which was restored to the way it looked when James and Dolley Madison lived in it. Stand in the library where Madison first envisioned the Constitution. Walk in the woods where he contemplated representative democracy. Walk the grounds on your own. A box lunch, included, in a cafeteria on the grounds.

Fee: \$69

348276 Thursday, April 11 Leave 7:00 am, Return 5:00 pm

Riding Tour of Old Town Alexandria

Experience colonial history with a local guide who will narrate a 1 and 1/2 hour riding tour of historic Old Town. Be entertained with anecdotes and gossip from the 18th and 19th Centuries. Founded in 1749 as a port for area planters, Alexandria was laid out by a young surveyor named George Washington. In the streets of Alexandria, history lives. Entire city blocks evoke a time long ago. Also, browse the Torpedo Factory Art Galleries. Lunch, on own, at a local restaurant or at Gadsby's Tavern.

Fee: \$42

348277 Wednesday, April 17 Leave 8:15 am, Return 4:30 pm

348278 Thursday, April 18 Leave 8:15 am, Return 4:30 pm

Guided Tour of York, Pa.

1st Capital of the US

A New Tour! We will be guided by our Pennsylvania authority, Sheldon, who you enjoyed on our trips to Harrisburg. York, PA is known as the White Rose City. It is the county seat and was founded in 1741 by German and Scotch Irish settlers, York served as temporary capital of the Continental Congress in 1777. The Articles of Confederation were drafted and adopted here in 1781. York was occupied by the Confederate Army in 1863. We will tour the Harley-Davidson Motorcycle Factory, the Colonial Complex, Martin's Potato Chip Factory, and the Agriculture and Industrial Museum. Lunch at the Roosevelt Tavern is included.

Fee: \$79

348279 Tuesday, April 23 Leave 7:00 am, Return 6:00 pm

348280 Tuesday, April 30 Leave 7:00 am, Return 6:00 pm



York, PA

Walking Tour of Ellicott City, Md.- B&O RR Museum & St Anthony Shrine

A New Tour! We'll begin with a walking tour of Ellicott City, which was founded in 1772 by three Quaker brothers from Bucks County, PA. They chose this picturesque wildness, upriver from Elkridge Landing (Elkridge, MD today) to establish Ellicott Mills (Ellicott City today), which became one of the largest milling and manufacturing towns in the East. It was designated as an historic district in 1973, and serves as County seat for Howard County. Ellicott City was ravaged by floods more than once. We will also tour the Baltimore and Ohio Railroad Museum: Ellicott City Station which is the oldest surviving railroad station in America, and was the original terminus of the first 13 miles of commercial railroad in the country. We'll end up at the Shrine of St. Anthony, home to Franciscan Friars for over 70 years. Lunch is included at The Old Country Buffet.

Fee: \$59

348282 Wednesday, May 1 Leave 8:00 am, Return 4:00 pm

348283 Thursday, May 2 Leave 8:00 am, Return 4:00 pm

Tour The Escape Route of John Wilkes Booth with Ed Bearss

We'll begin the tour at Ford's Theater, the site of Lincoln's Assassination, and continue on the escape trail to Surratt House, to the home of Dr. Samuel Mudd, and on to Rich Hill, to the pine thicket where Booth hid, to Port Royal, and ending at Garrett Barn. Hear the story and legends as only Ed Bearss can tell it. A delicious crab cake lunch at Captain Billy's is included.

Fee: \$76

348285 Tuesday, May 7 Leave 7:00 am, Return 7:00 pm

348286 Wednesday, May 8 Leave 7:00 am, Return 7:00 pm

Walking Tour of the Ladew Topiary Gardens & Mansion

See 22 acres of flower gardens, whose crowning glory is the topiary: trees and shrubs trained and trimmed into ornamental shapes. An exciting balance of topiary and natural plants, water, architecture and sculpture provides an extraordinary horticultural perception. We'll be guided through the spectacular Ladew Mansion, exquisitely decorated with English antiques, paintings and fox hunting memorabilia. Included is a lunch consisting of a Classic Boars Head turkey breast sandwich, provolone cheese, and cranberry mayonnaise, house dessert, iced tea or soft drink.

Fee: \$55

348288 Thursday, May 16 Leave 8:15 am, Return 4:30 pm



Walking Tour of Annapolis and Boat Ride on the Harbor Queen

A costumed guide will narrate and lead a 2-3 hour tour through the charming historic streets of Old Town Annapolis, the historic State Capitol, St. Johns College, and the exteriors of famous mansions. Complete the day with a narrated cruise on the Harbor Queen. Lunch, on own, in City Dock area. Wear comfortable walking shoes.

Fee: \$60

348289 Thursday, May 23

Leave 8:15 am, Return 4:30 pm

Our Annual Sailing Trip on the Chesapeake Bay

Our ever popular sailing trip out of Annapolis is a great way to spend a relaxing day! Enjoy 4 hours under sail on a 76 foot-long sailboat with a professional captain and crew. A picnic lunch on board is included.

Fee: \$76

348290 Thursday, May 30

Leave 8:15am, Return 3:30pm

348291 Thursday, May 30

Leave 12:30pm, Return 7:30pm



White Water Rafting Trip on the Shenandoah River

This popular two and half-hour rafting trip on the Shenandoah River is being offered again this year. An expert guide in each raft will lead our group through White Horse Rapids, down the famed Shenandoah Staircase and over Bull Falls (rated class II-III, which are easy to moderate in difficulty). Recommended attire is shorts, t-shirt, and sneakers. No hard-soled shoes. No experience required. Bring sunscreen, a towel, and a change of clothes. A delicious fried chicken lunch is included.

Fee: \$77

348292 Thursday, June 6

Leave 8:00 am, Return 4:15 pm

The Wyeth Story: Tours of the Andrew Wyeth Studio, the N.C. Wyeth House & Studio & the Brandywine Museum

A New Tour! Experience the Wyeth History! Be guided through the Andrew Wyeth Studio, a 19th Century school house where the artist lived from 1940 until 1961 and continued to work until he died. The studio opened to the public in 2012 for the first time since his death in 2009. Andrew was known as "America's Artist" because of his prodigious work for seven decades. We'll also tour the house and studio of N. C. Wyeth, the great illustrator who died in 1945 when he and a grandchild were struck by a train. A visit to the Brandywine Museum which houses a permanent collection of Wyeth's works is also part of the tour. Lunch at the Brandywine River Museum restaurant is included.

Fee: \$79

348293 Tuesday, June 11

Leave 7:15 am, Return 5:30 pm

348294 Thursday, June 13

Leave 7:15 am, Return 5:30 pm

SOAR Baseball 2013

Batter up! It's Baseball Time Again!

Join us for one or more of our baseball game trips this year. We will enjoy trips to two Nationals and two Orioles games this season. All games this year are \$46.00 per person and include upper deck reserved seating (between first or third base and home plate) and chartered motor coach transportation. (Note: There is walking and step climbing required at each game). All trips return immediately after the games are concluded.

Trip No.	Date	Teams	Depart
348268	Tuesday, May 21	Orioles vs. Yankees	4:30 pm
348269	Tuesday, June 4	Nationals vs. Mets	5:00 pm
348270	Tuesday, July 9	Orioles vs. Rangers	4:30 pm
348271	Thursday, Aug 15	Nationals vs. Giants	2:00 pm



Nationals Park

Photo via www.cookandsonbats.com

FAMILY ENTERTAINMENT & EXCITING TRIPS

Whatever your age, we have a trip for you!
Let the Family Memories Begin!

Family Entertainment & Exciting Trips (FEET) offers trips for all ages, including a variety of destinations. This is a day trip program planned with your interests in mind. Join us for our Fun Family and Adult trips being offered throughout each season and leave the driving to us. Registration begins Monday, February 4, 2013 at 8:30am.

Get ready to explore some of the most exciting destinations in the Mid-Atlantic! Take in museums, sports events, theaters, festivals, special events and amusement parks. Whether it's a day at the beach or a Kennedy Center show, you will want to register early, as seats go fast. Go by yourself, with friends, or take the whole family. Children under 18 must be accompanied by an adult. Flyers are available with more detailed information at all MCR-operated Senior and Community Centers and on-line. For additional information on these and other trips, please call Trips and Tours Coordinator at 240-777-4933.

Please Note: Due to the WSSC work at Holiday Park parking areas, All Spring 2013 trips depart from and return to the parking area near field #1 at Olney Manor Park, 16605 Georgia Avenue, Olney, MD. Please Plan to Arrive 15 minutes prior to departure; all trips depart promptly at the advertised time.

American Visionary Art Museum, Baltimore, MD

Explore a self guided tour of the AVAM and experience this unexpected place with unusual, fascinating things at every turn. 'Visionary' is a term used to describe art that is created by people who use ordinary media to express their own intensely personal ideas about life. This museum has assembled a wonderful collection of this very Visionary art. Since Visionary artists generally lack formal training, and work outside of established art traditions, their works are as bold, innovative and inspirational as the visions that spawned them. Trip includes transportation and Museum admission. Enjoy lunch on your own on the premise.

Fee: \$49
 351521 Saturday, March 23 Leave 9:00am, Return 3:00pm

Sights & Sounds Theatre "NOAH", Lancaster, PA

Join the millions of people from all over the world who have seen this one of a kind, awe-inspiring, family experience. Embark on a journey with Noah and his family as they uphold the call of God to build a boat in a land that has never seen rain! Then watch as hundreds of animals enter and live inside the great ark that surrounds the audience on three sides of a 300-foot-stage. 40-foot-tall sets, toe-tapping songs, professional actors and a message of hope make Noah a must see! Enjoy lunch included at Old Country Buffet before the show.

Fee: \$119
 351523 Tuesday, March 26 Leave 8:30am Return 6:30pm

Adventure Park USA New Market, MD

Adventure Park USA is Maryland's largest family entertainment center. With everything from our Desert Oasis Miniature Golf Course to our Rock Wall and Hang 'Em High Ropes Course, we have enough adventure for the whole family. Let the adventure begin! You will have four hours of fun filled adventure. Price includes transportation and four hour adventure package. Meals and games on your own!

Fee: \$59
 351522 Monday, April 1 Leave 10:00am Return 4:00pm

International Orchid Show & Sale, Drexel University, Philadelphia PA

For the first time, an international orchid show will transform the Academy of Natural Sciences of Drexel University into a spectacular world of flowers-just in time for spring. The orchid extravaganza will feature more than 30 spectacular exhibits showcasing beautiful, sometimes bizarre, often fragrant, and always interesting orchids in full bloom. Visitors will marvel at the unparalleled beauty, complexity and diversity of the world's largest family of flowering plants. Arrayed throughout the museum will be more than 1,200 plants from orchid societies and individuals. Price includes transportation and admission fee. Lunch on your own on the premise.

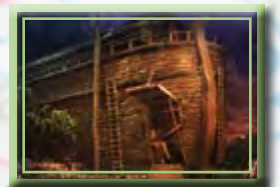
Fee: \$79
 351524 Saturday, April 13 Leave 8:00 am Return 6:00pm



Adventure Park



Orchid Show



Noah, Lancaster PA



American Visionary Art Museum



Flower & Garden Festival



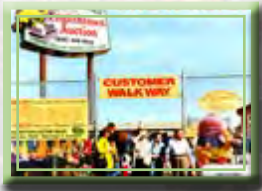
Wine, Arts, & Food Festival



Flower Mart



Ocean City Springfest



Englishtown

Annual Leesburg Flower and Garden Festival, Leesburg, VA

Historic Downtown Leesburg will once again be in full bloom as lush landscapes and gorgeous gardens fill the streets over 150 vendors will be on display, featuring landscape designs, gardening supplies, outdoor living items, plants, flowers, herbs and so much more! Stroll through the streets and take in sights and sounds of springtime. Whether gathering ideas for your new outdoor patio, stocking up on gardening supplies, or searching for a perfect gift for the avid gardener in your life, this event has something for everyone! The event runs from visit the newly expanded Wine Garden located on Town Green. This new tasting area will feature some of Loudoun County's best wineries and breweries. As always, a huge variety of food, music, entertainment and crafts will be on hand to view and purchase. Price includes transportation and entrance donation. Meals on your own.

Fee: \$39

351525 Saturday, April 20

Leave 9:00 am, Return 4:00pm

Great Grapes Wine, Arts and Food Festival, Reston, VA

You are invited to celebrate the taste of over 100 unique, diverse and flavorful wines! The Virginia Wineries want you to sample the essences of their best grapes while expanding your tongue's tastes. A full palette awaits your arrival to Great Grapes! While mastering the art of wine tasting, be sure to attend our wine seminars, Gourmet Live! cooking demonstrations & shop amongst the unique artists! Price includes Transportation and Wine tasting admission. Meals are on your own.

Fee: \$69

351526 Saturday, April 27

Leave 11:00 am, Return 5:00pm

National Cathedral Flower Mart

Washington, D.C.'s annual outdoor festival for garden enthusiasts and families. The Flower Mart features annuals, perennials, landscape exhibits, Olmsted Woods and Garden Tours. The Flower Mart encircles Washington National Cathedral with its tents and includes more than 50 booths offering gardening items, handbags, jewelry, and much, much more! Food vendors will be stationed throughout the grounds offering a wide variety of foods including Asian specialties, pizza, BBQ, Southern cuisine, lobster rolls, baked goods and more! Each year one of Washington's Embassies is honored. Meals on your own!

Fee: \$39

351598 Friday, May 3

Leave 9:00am, Return 4:00pm

Ocean City Springfest

Enjoy a day of fun in the sun, great food, entertainment, arts & crafts. Explore the 'Springfest', at your own pace. Visit the four huge big top tents located at the Inlet Lot at the South end of Ocean City's famous Boardwalk. Food vendors will be serving up Eastern Shore delicacies and a wide assortment of foods for your tasting pleasure. Price includes transportation. Meals are on your own.

Fee: \$59

351599 Saturday, May 4

Leave 7:30am, Return 8:30pm

Englishtown, New Jersey's Premier Market Place

Voted THE BEST FLEA MARKET, this landmark has been owned and operated by the Sobechko Family, now in its 3rd generation. You will find a variety of items; antiques and collectibles, automotive supplies, clothing for the entire family, electronics, fashion accessories, hardware, health and beauty supplies, home furnishings and gifts, jewelry, outerwear, pet supplies, plants for the home and garden, specialty food items, toys, and a number of services available including jewelry repair, tailoring, and vacuum repair. In addition you will find a variety of fast food delights, produce and bakery items. All located within our 5 indoor buildings and outdoor vendor area. Price includes transportation. Meals on your Own.

Fee: \$59

351600 Saturday, May 11

Leave 7:00am, Return 7:00pm

27th Annual Virginia Wine and Craft Festival Front Royal, Va

The festival gates open on Saturday at 10am with activities and musical entertainment all day. Come and enjoy tastings from 20 Virginia wineries. Covering more than 7 seven blocks and featuring over 100 vendors, artists and crafters from all over the east coast, there won't be anything you can't find to fit your style, mood or need. Fine handmade jewelry, hand painted wine glasses, hand crafted musical instruments, pottery and ceramics, clothing, original paintings and artwork, antiques, the list goes on. Not to be outdone by the wineries and crafters, the food vendors are coming out in full force. With over a dozen to choose from, deciding whether to have funnel cakes, fresh roasted nuts, crabcake sandwiches, steak-n-cheese, shish kabobs, or just burgers and dogs may take you the whole day. Several restaurants will also be open during the festival in case you prefer to sit and rest a bit while you eat. Price includes transportation and wine tasting admission. Meals are on your own.

Fee: \$79

351601 Saturday, May 18 Leave 9:00am, Return 6:00pm

American Music Theatre with George Jones

Country legend George Jones continues to make his brand of county music, which has produced hits in every decade of the second half of the 20th century. In fact, Jones has had more charted singles than any other artist in any format of popular music. One of the greatest honky tonk singers of all time, his songs include 'White Lightning,' 'Tender Years' and 'He Stopped Loving Her Today.' Enjoy lunch included at Old Country Buffet. Trip price includes transportation, show ticket and Sunday Dinner Buffet at Old Country Buffet.

Fee: \$119

352759 Saturday, June 8 Leave 10:00am, Return 7:00pm

Annual Ashland Strawberry Faire Ashland, Va

A traditional celebration to promote the community and feature the strawberry harvest. There are more than 300 booths offering outstanding food, quality arts and crafts, unique antiques, and information about the wonderful businesses and non-profit organizations in Hanover County. Among the many attractions are two stages; featuring local entertainment from brass and jazz bands, choirs, dancing, pipes and drums, to Little Miss and Little Mr. Strawberry contests and much more. There are activities for children from face painting to pet adoption. Price includes transportation. Meals are on your own.

Fee: \$49

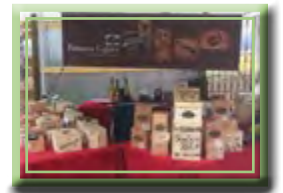
352307 Saturday, June 8 Leave 8:30am, Return 4:30pm

"Anything Goes" at the Kennedy Center

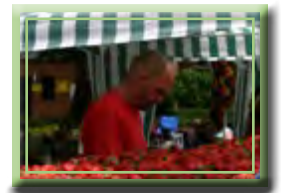
All aboard for Roundabout Theatre Company's saucy and splendid production of Anything Goes, winner of three 2011 Tony Awards including Best Musical Revival and Choreography! Peppering this Cole Porter first-class comedy are some of musical theater's most memorable standards, including 'I Get a Kick out of You,' 'You're the Top,' and of course, 'Anything Goes.' Don't miss what Associated Press exclaims as, 'So DELIGHTFUL, So DELICIOUS, So DE-LOVELY!' Price includes transportation and Show ticket.

Fee: \$139

352563 Saturday, June 15 Leave 11:45am, Return 5:45pm



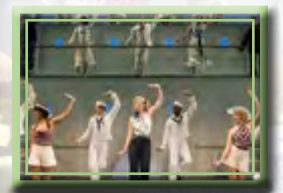
Wine & Craft Festival



Strawberry Faire



George Jones



Anything Goes



THERAPEUTIC RECREATION



Fun Rhythm & Roll

Ages 15 and Up with disabilities: Engage in playful rhythmic movement for fitness and coordination. Includes line dances, circle dances, folk dances, and just plain fun dances. Movements are also individually adapted for individuals who use wheelchairs or other mobility devices. Participants should be able to follow two-step instructions.

10 Sessions \$75
Instructor: Sue E. Green
351823 Holiday Park CC 4/6 Sa 10:00am - 10:45am

Adult Swim

Ages 18 and Up with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self help skills. 1 staff to 7 participants. No personal care assistance provided.

8 Sessions \$37
351812 MLK Swim Center 4/9 Tu 8:00pm - 9:00pm
351814 Germantown ISC 4/10 W 8:30pm - 9:30pm
351815 Olney Swim Center 4/12 F 7:00pm - 8:00pm

TR BIG Game Nights

Ages 13 and Up with disabilities: Have fun playing oversized games with your friends, and come make new friends too! Board games, cards, bingo, and more! Program meets second and fourth Friday of the month. 1 staff to 5 participants; no personal care. Meets 4/12, 4/26, 5/10, 5/31, 6/14.

5 Sessions \$40
351853 Holiday Park CC 4/12 F 7:00pm - 9:30pm



MAINSTREAMING OPPORTUNITIES

Individuals with disabilities are encouraged to register for programs. A general program/activity may be adapted by using auxiliary aids and services, but the structure of the activity, group size, and participant to staff ration remain the same. Companions provide assistance to facilitate the inclusion of individuals with disabilities. Most are trained volunteers who will facilitate participation and integration into the program. Companions do not provide personal care. Placements are limited, and are not guaranteed, so early notification is essential.

Please call 240-777-6870, TTY 240-777-6974, for more information and/or to request a companion.
Email: rec.mainstream@montgomerycountymd.gov

Moving With Multiple Sclerosis

Ages 18 and Up with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well being. Discussions will focus on ways to keep exercising outside of the class.

8 Sessions \$48
Instructor: Miki Alalof
351830 Germantown CC 4/7 Su 1:00pm - 2:00pm

E-Z Hip Hop

Ages 7 and Up (see class listing): Join the fun and exciting dance moves to the beat of hip hop music. Designed especially for individuals with developmental disabilities. Movements are adapted for people who use wheelchairs too. Participants should be able to follow two-step instructions.

Instructor: Sue E. Green
6 Sessions \$45
Ages 7-14
351820 Holiday Park CC 4/6 Sa 9:00am - 9:45am
10 Sessions \$75
Ages 15 & Up
351821 Holiday Park CC 4/6 Sa 11:00am - 11:45am

Karate for Individuals with Disabilities

Ages 6 & Up; youth and adults with disabilities: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor coordination. Classes will include stretching, arm & leg movements and drills. Wear loose fitting clothes or white GI (uniform). New students attend 9:00 class.

10 Sessions \$90
Instructor: Company Staff: TKA, Inc.
351828 Holiday Park CC 4/6 Sa 9:00am - 9:45am
351829 Holiday Park CC 4/6 Sa 10:00am - 10:45am

Kaleidoscope Art

Ages 13 and Up with disabilities: A structured program offering arts and crafts using various media to create one of a kind art. Class is taught by certified Art teacher with experience working with individual with disabilities. Participants should be able to follow simple instructions, understand basic rules, and express needs. 1 staff to 4 participants.

6 Sessions \$45
351826 Germantown CC 4/13 Sa 12:30pm - 2:00pm

On The Move

Teens and young adults, ages 16 to 24 who are currently attending or have attended Learning For Independence (LFI) or School Community Base (SCB) in high school. Center/Community based activities that include cooking, games, trips on Ride-On (should purchase smart card) and more. Participants must have communication skills, basic money management skills, ability to travel safely and know how to have fun! All fees are to be paid by EACH participant. 1 staff to 5 participants.

6 Sessions \$80
351832 Bauer Drive CC 4/13 Sa 12:00pm - 4:00pm

Beginning Handbuilt Pottery for Adults

Teens and adults, ages 18 and up, with disabilities. Hand building techniques includes decorating, firing, slab, coil and pinch methods. Participants must be able to indicate wants and needs. \$15 materials fee due instructor. 1 staff to 10 participants. No personal care provided.

8 Sessions	\$70				
Instructor: Pamela Reid					
351819 White Oak CC	4/8	M	7:00pm - 8:00pm		
351816 Wheaton CC	4/10	W	1:30pm - 2:30pm		
351817 Wheaton CC	4/10	W	2:30pm - 3:30pm		
351818 Ross Boddy CC	4/11	Th	10:30am - 11:30am		
354228 Ross Boddy CC	4/11	Th	1:00pm - 2:00pm		

Slow 'n Easy Aerobics

Ages 15 and Up with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants.

8 Sessions	\$35				
351843 Wheaton CC	4/8	M	7:00pm - 8:00pm		
351844 Potomac CC	4/11	Th	7:00pm - 8:00pm		
351845 Damascus CC	4/11	Th	7:00pm - 8:00pm		
351846 Bauer Drive CC	4/11	Th	7:00pm - 8:00pm		

Jamboree

Ages 6-10 within the Autism Spectrum. Bouncing balls, waving parachutes, music and movement enhances social development in a structured setting. Participants are encouraged to use their words, should be able to follow simple instructions, understand basic rules, and toilet independently. Bring a bag lunch. 1 staff to 3 participants.

8 Sessions	\$60				
353273 Wheaton CC	4/13	Sa	10:00am - 1:00pm		

Watercolor and Drawing Exploration

Ages 18 and Up with disabilities. Learn the basics of opaque and transparent watercolor techniques. Experiment combining painting with drawing mediums such as charcoal and oil pastel. Please come with the desire to paint, draw and explore. Artist should be able to follow one and two-step instruction. \$15 materials fee due instructor.

8 Sessions	\$70				
Instructor: Vivienne Cho					
351865 Wheaton CC	4/11	Th	10:00am - 10:45am		

TR Swimming with Multiple Sclerosis

This is a swimming and aquatic exercise class for people with MS and other disabilities who want work on their fitness and flexibility in an aquatic environment. Staff Ratio 1:6. No personal care provided. Please call and let us know if you need any special accommodations ie help transferring etc. Call 240-777-6870 and ask for a TR Rec Specialist

8 Sessions	\$48				
Instructor:					
351859 Kennedy Shriver Aq Ctr	4/11	Th	8:30pm - 9:30pm		

TR Yoga Basics

Ages 15 and Up with disabilities: Introduces beginning and continuing students to yoga principles of body alignment and breath awareness. Emphasis is placed on strengthening and stretching the legs, back, and shoulders by using a chair for seated poses and for balance for standing poses. Wear non-restrictive comfortable clothing. Bare feet are essential. Bring a yoga mat and blanket.

8 Sessions	\$80				
Instructor: Irene Bopp					
351860 Bauer Drive CC	4/9	Tu	4:30pm - 5:30pm		
351861 White Oak CC	4/11	Th	2:00pm - 3:00pm		

TR Zumba

Ages 13 and Up with disabilities: Every class is a party! Latin-based dance fitness class taught by a licensed Zumba instructor. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants. Dress in comfortable clothing and shoes for active movement.

8 Sessions	\$40				
Instructor:					
352620 Upper County CC	4/10	W	6:00pm - 6:50pm		
352621 Wheaton CC	4/11	Th	6:00pm - 6:50pm		

Turn the Beat Around

Ages 13 and Up with disabilities: Introduction to basic rhythm and movement for social dancing. Learn line and group dance for all occasions. Participants should be able to follow one- and two-step instructions. 1 staff to 10 participants.

8 sessions	\$35				
351862 Upper County CC	4/3	W	7:00pm - 8:00pm		
351863 Wheaton CC	4/4	Th	7:00pm - 8:00pm		

VOLUNTEERS NEEDED!

Support an individual with a disability in a mainstream recreation program.

Provide assistance in a Therapeutic Recreation program.

Student volunteers are eligible for SSL hours.

Training provided.

Call the Volunteer Coordinator at 240-777-6870

FIND US FAST ON YOUR SMARTPHONE



TR DANCES

Theme Dances: D.J., light refreshments and opportunities for socialization. Listen to the latest hits! Join in and learn how to line dance. Party decorations make this dance complete. Dressing to the theme is encouraged but not required.

All dancers pay \$8.00 pre-registered or \$10 at the door.



50's Sock Hop

Holiday Park Senior Center
Saturday, April 20, 2013
7:00pm - 10:00pm
351856

Under the Boardwalk

Holiday Park Senior Center
Saturday, June 1, 2013
7:00pm - 10:00pm
351857



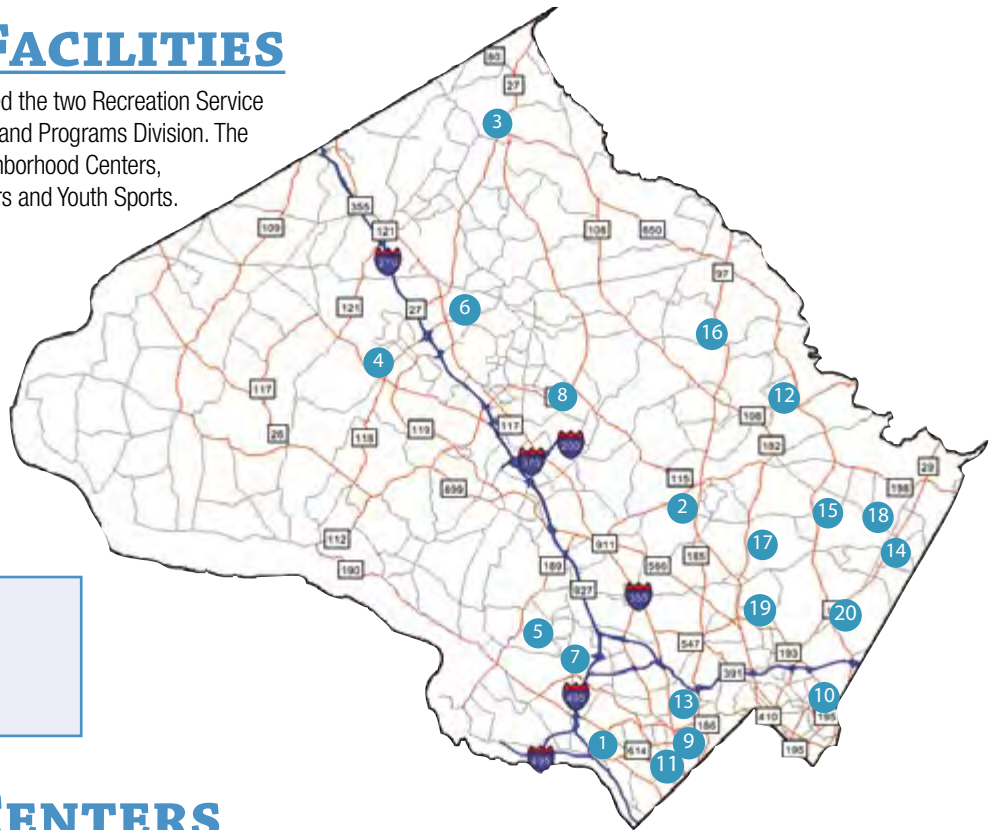
RECREATION COMMUNITY FACILITIES

The Department of Recreation has combined the two Recreation Service Regions to create the Community Facilities and Programs Division. The Division consists of Senior and Senior Neighborhood Centers, Recreation Centers, Camps, Fall Fun Centers and Youth Sports.

COMMUNITY FACILITIES AND PROGRAMS

240-777-4980

3950 Ferrara Dr., Wheaton



Aquatic Centers: See page 10.

**Senior & Senior Neighborhood
Centers:** See page 78.

Facility Locations: See page 104.

RECREATION CENTERS

Community Recreation Centers (CRC) and Neighborhood Recreation Centers (NRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages. Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room. Rooms of various sizes at the CRC/NRCs can also be rented. Call for specific hours and availability.

Area I

- 1 **Clara Barton NRC** 240-777-4910
7425 MacArthur Boulevard, Cabin John
- 2 **Bauer Drive CRC** 240-777-6922
14625 Bauer Drive, Rockville
- 3 **Damascus CRC** 240-777-6930
25520 Oak Drive, Damascus
- 4 **Germantown CRC** 240-777-8095
18905 Kingsview Road, Germantown
- 5 **Potomac CRC** 240-777-6960
11315 Falls Road, Potomac
- 6 **Plum Gar NRC**
19561 Scenery Drive,
- 7 **Scotland NRC**
7700 Scotland Drive,
- 8 **Upper County CRC** 240-777-8077
8201 Emory Grove Road, Gaithersburg

Closed for
Renovations
Closed for
Renovations

Area II

- 9 **Jane E. Lawton CRC** 240-777-6855
4301 Willow Lane, Chevy Chase
- 10 **Long Branch CRC** 240-777-6965
8700 Piney Branch Road, Silver Spring
- 11 **Wisconsin Place CRC** 240-777-8088
5311 Friendship Boulevard, Chevy Chase

Area III

- 12 **Ross J. Boddy CRC** 240-777-8050
18529 Brooke Road, Sandy Fall
- 13 **Gwendolyn Coffield CRC** 240-777-4900
2450 Lyttonsville Road, Silver Spring
- 14 **East County CRC** 240-777-8090
3310 Gateshead Manor Way, Silver Spring
- 15 **Good Hope NRC** 240-777-8055
14715 Good Hope Road, Silver Spring
- 16 **Longwood CRC** 240-777-6920
19300 Georgia Avenue, Brookeville
- 17 **Mid-County CRC** 240-777-6820
2004 Queensguard Road, Silver Spring
- 18 **Marilyn J. Praisner CRC** 240-777-4970
14906 Old Columbia Pike, Burtonsville
- 19 **Wheaton NRC** 240-777-8057
11711 Georgia Avenue, Wheaton
- 20 **White Oak CRC** 240-777-6940
1700 April Lane, Silver Spring

PROGRAM LOCATIONS

Barnsley, Lucy ES

Latin Salsa & Merengue Beginner	pg. 45
Latin Salsa & Merengue Inter/Adv	pg. 45

Bauer Drive CC

Acrylic Painting Techniques.....	pg. 39
ACT The Workout Pass	pg. 52
Badminton Advanced	pg. 72
Badminton Beginner/Adv. Beginner.....	pg. 72
Badminton Intermediate	pg. 72
Ballroom I Beginners (Couples).....	pg. 43
Ballroom II (Couples)	pg. 43
Bath and Beauty Products.....	pg. 40
Beginning Wire Work	pg. 40
Braided Wire Bracelets.....	pg. 40
Breakdancing	pg. 43
Coach Doug Pre Wee Wanna Be.....	pg. 68
Coach Doug Wee Wanna Be.....	pg. 68
Dance & Fitness	pg. 51
Draw & Clay.....	pg. 38
Dynaerobics.....	pg. 54
Dynaerobics AND Body Sculpting.....	pg. 54
Dynaerobics Body Sculpting.....	pg. 57
Earrings, Earrings, Earrings!	pg. 40
Funfit Tots	pg. 67
Gentle Yoga	pg. 58
Guitar Level I.....	pg. 46
Guitar Level II	pg. 46
HulalaFit!	pg. 55
HYPE!	pg. 56
Jazzmatazz Aerobics Light	pg. 54
Jewelry Basics.....	pg. 40
Karate/Jujitsu.....	pg. 62
Karate/Jujitsu Adults	pg. 63
Kelley's Complete Fitness Workout.....	pg. 54
Little Scientists: Markers & Microscopes	pg. 66
Mama Goose on the Loose	pg. 67
MD Sports Youth Sports League-Soccer	pg. 74
On The Move	pg. 96
Painting from A to Z.....	pg. 39
Right Angle Weave Bracelet	pg. 40
Slow 'n Easy Aerobics.....	pg. 97
Tai Chi, Beginning.....	pg. 60
Tai Chi, Continuing.....	pg. 60
Tiny Hands Crafts.....	pg. 64
TR Yoga Basics.....	pg. 97
Wire Wrapping.....	pg. 40
Yoga Basics.....	pg. 59
Yoga Fundamental	pg. 59
Zumba.....	pg. 53

Bells Mill ES

MD Sports Hoop Star Basketball Clinics.....	pg. 73
---	--------

Bethesda ES

Ballroom I Beginners (Couples).....	pg. 43
Ballroom II (Couples)	pg. 43
Dance Latin Tango (Couples).....	pg. 45
Karate/Jujitsu Adults	pg. 63
Karate/Jujitsu.....	pg. 62

Bethesda-Chevy Chase HS

Dynamic Ab Challenge for Youth & Adults ...	pg. 56
Ultimate Boxing Boot Camp for Youth & Adults ..	pg. 56

Blair, Montgomery HS

Chinese Watercolors	pg. 39
---------------------------	--------

Cabin John MS

Kung Fu Basics-Shaolin	pg. 63
Kung Fu Open Practice-Shaolin.....	pg. 63

Camp Olympia

Young Riders	pg. 70
--------------------	--------

Capital View-Homewood Local Park

Tap Dance for Adults	pg. 46
----------------------------	--------

Churchill, Winston HS

Better Bodies by Jerry	pg. 54
------------------------------	--------

Clara Barton CC

Definition Body Sculpting	pg. 57
Karate/Jujitsu.....	pg. 62
Zumba Fitness with Definition	pg. 53

Clemente, Roberto MS

Baton 1 Beginner.....	pg. 61
Fencing with Mohebban Beginner I	pg. 72
Fencing with Mohebban Beginner II	pg. 72
Fencing with Mohebban Intermediate	pg. 72

Cloverly ES

Dynaerobics	pg. 54
-------------------	--------

Cold Spring ES

Coach Doug Soccer	pg. 69
Coach Doug Sports School	pg. 69
Coach Doug Wee Wanna Be	pg. 68
Coach Doug Wee Wanna Be Soccer & Tennis....	pg. 68

Create Arts Center

Family Pottery with CREATE	pg. 41
Sunday Studio with CREATE	pg. 64

Damascus CC

Baton 1 Beginner.....	pg. 61
Body Sculpt	pg. 57
Club Rec.....	pg. 2
Coach Doug Pre Wee Wanna Be.....	pg. 68
Coach Doug Soccer	pg. 69
Coach Doug Sports School.....	pg. 69
Coach Doug Wee Wanna Be.....	pg. 68
Coach Doug Wee Wanna Be Soccer & Tennis....	pg. 68
Coach Rich Basketball For Ages 8-10	pg. 73
Funfit Tots	pg. 67
Karate/Jujitsu.....	pg. 62
Karate/Jujitsu Adults	pg. 63
Music Together with Miri.....	pg. 65
Slow 'n Easy Aerobics.....	pg. 97
Tai Chi Chuan	pg. 60
Hatha Yoga I	pg. 58
Young Rembrandts for Tiny Tots	pg. 64

Darnestown Local Park

Challenger Sports Cubs Soccer	pg. 69
Challenger Sports Lil Lions Soccer	pg. 69
Challenger Sports Player Dev. Soccer.....	pg. 74

Davis Community Library

Change Your Mind, Change Your Body.....	pg. 55
Meditation Practice	pg. 55

DuFief ES

Karate/Jujitsu.....	pg. 62
Karate/Jujitsu Adults	pg. 63
One on One All Sports.....	pg. 74

East County CC

Let's Draw! Beginning/Intermediate	pg. 39
Modern Masterpieces (painting)	pg. 38
Club Rec.....	pg. 2
Dance for the Special Occasion	pg. 44
Dynamic Ab Challenge for Youth & Adults ...	pg. 56
Ultimate Boxing Boot Camp for Youth & Adults ..	pg. 56
US/Mexican Border Dances	pg. 45
Zumba with Zukossa Fitness.....	pg. 53

Falls Road Local Park

UK Elite Petite Soccer.....	pg. 69
-----------------------------	--------

Frost, Robert MS

Fencing with Mohebban Beginner I	pg. 72
Fencing with Mohebban Beginner II	pg. 72
Fencing with Mohebban Intermediate.....	pg. 72

Garrett Park ES

laido	pg. 63
Karate Do and laido Beginners	pg. 62
Karate Do and laido II Intermediate.....	pg. 63



PROGRAM LOCATIONS

Germantown CC

Cartooning with Young Rembrandts	pg. 38
Drawing Made Easy	pg. 38
Modern Masterpieces (painting)	pg. 38
Ballet I by Halo	pg. 42
Ballet II by Halo	pg. 42
Baton 1 Beginner	pg. 61
Bollywood for Tots	pg. 65
BOSU Workout	pg. 57
Category 4 Fitness Boot Camp	pg. 57
Coach Doug Pre Wee Wanna Be	pg. 68
Coach Doug Soccer	pg. 69
Coach Doug Sports School	pg. 69
Coach Doug Wee Wanna Be	pg. 68
Coach Doug Wee Wanna Be Soccer & Tennis	pg. 68
Dance for the Special Occasion	pg. 44
Ballet	pg. 42
Kidz Dance	pg. 64
Funfit Tots	pg. 67
Funky Forces Pre-k	pg. 65
FUNky Monkeys Sports & Games	pg. 67
Group Personal Training	pg. 55
Kaleidoscope Art	pg. 96
Karate/Jujitsu	pg. 62
Karate/Jujitsu Adults	pg. 63
Little Scientists: Markers & Microscopes	pg. 66
Mad Science: Funky Forces	pg. 70
Mama Goose on the Loose	pg. 67
Moving With Multiple Sclerosis	pg. 96
Stability Ball Workout	pg. 56
Tai Chi	pg. 60
Tai Chi Chuan and Qigong	pg. 60
Tiny Hands Crafts	pg. 64
US/Mexican Border Dances	pg. 45
Young Rembrandts for Tiny Tots	pg. 64
Zumba	pg. 53

Germantown ISC

Adapted Aquatics	pg. 21
Adult Swim	pg. 96
Aqua Mommy/ Pre-Natal	pg. 11
AquaZumba	pg. 11
Deep Water Running & Exercise	pg. 12
Diving Guests	pg. 14
Diving High School	pg. 14
Diving National Team	pg. 15
Diving Springs Lessons	pg. 15
Diving Springs Team (Open)	pg. 15
Lessons-GISC-Adult Level 1	pg. 35
Lessons-GISC-Adult Level 2	pg. 35
Lessons-GISC-Adult Level 3	pg. 36
Lessons-GISC-Adult Level 4	pg. 36
Lessons-GISC-Aquatots	pg. 24
Lessons-GISC-Pre-Beginner-Level 1	pg. 26
Lessons-GISC-Pre-Beginner-Level 2	pg. 28

Germantown ISC *continued*

Lessons-GISC-Pre-Beginner-Level 3	pg. 30
Lessons-GISC-Pre-Beginner-Level 4	pg. 31
Lessons-GISC-Pre-School	pg. 25
Lessons-GISC-Waterbabies	pg. 24
Lessons-GISC-Youth-Level 1	pg. 32
Lessons-GISC-Youth-Level 2	pg. 32
Lessons-GISC-Youth-Level 3	pg. 33
Lessons-GISC-Youth-Level 4	pg. 33
Lessons-GISC-Youth-Level 5	pg. 34
Lessons-GISC-Youth-Level 6	pg. 34
Scuba	pg. 13
SwiMontgomery	pg. 13
Water Aerobics	pg. 12
Water Boot Camp	pg. 12
Water Exercise	pg. 12

Golden School of Music

Discovering Music for Toddlers	pg. 65
Exploring Music and Piano Level IA	pg. 47
Exploring Music and Piano Level IB	pg. 47
Exploring Music and Piano Level IC	pg. 47

Greenwood ES

One On One After School Hoops	pg. 73
-------------------------------------	--------

Gwendolyn Coffield CC

Abakadoodle: Mini-Doodlers	pg. 64
Ballroom III (Couples)	pg. 44
Club Rec	pg. 2
Discovering Music for Toddlers	pg. 65
Essential Yoga for Beginners	pg. 58

Gymnastics of America, Inc

Gymnastics - Ages 5-6	pg. 74
Gymnastics - Parent & Child	pg. 68
Gymnastics - Pre School	pg. 68
Gymnastics- Girls and Boys	pg. 74

Holiday Park CC

Latin Salsa	pg. 15
Swing	pg. 44
E-Z Hip Hop	pg. 96
Fun Rhythm & Roll	pg. 96
Group Piano Advanced	pg. 47
Group Piano Advanced Beginner	pg. 47
Group Piano Beginner	pg. 47
Group Piano Intermediate	pg. 47
Group Piano Popular Favorites	pg. 47
Karate for Individuals with Disabilities	pg. 96
Karate/Jujitsu Club	pg. 63
Karate/Jujitsu Club 2	pg. 63
TR BIG Game Nights	pg. 96
TR Dances	pg. 97

Jackson Road ES

One on One All Sports	pg. 74
-----------------------------	--------

Jane E. Lawton CC

Act It Out	pg. 66
Ballroom Waltz	pg. 44
Bone Builders - Plus	pg. 57
Coach Doug Pre Wee Wanna Be	pg. 68
Coach Doug Sports School	pg. 69
Coach Doug Wee Wanna Be Soccer & Tennis	pg. 68
Coach Doug Wee Wanna Be	pg. 68
Comprehensive Classical Ballet	pg. 42
Comprehensive Classical Ballet Adv. Beg	pg. 42
Dance & Fitness	pg. 51
Dramatic Kids!	pg. 70
Easy Yoga with Moira Martin	pg. 58
Funfit Tots - En Espanol!	pg. 67
Funfit Tots	pg. 67
Hatha Yoga & Stress Management 2	pg. 58
Hatha Yoga & Stress Management Beg/Con	pg. 58
Hatha Yoga & Stress Management	pg. 58
International Folk Dancing	pg. 45
Little Scientists: Markers & Microscopes	pg. 66
Little Stars	pg. 66
Messes and Masterpieces	pg. 64
Pottery at Lawton	pg. 41
Swing	pg. 44
Tai Chi Chuan and Qigong	pg. 60
Tiny Hands Crafts	pg. 64

Kennedy Shriver Aquatic Ctr.

Adapted Aquatics	pg. 21
Body Sculpting	pg. 57
Deep Water Running & Exercise	pg. 12
Diving Guests	pg. 14
Diving High School	pg. 14
Diving Masters	pg. 15
Diving National Team	pg. 15
Diving Springs Lessons	pg. 15
Diving Springs Team (Open)	pg. 15
Lessons-KSAC Adult-Swim for Condi1	pg. 36
Lessons-KSAC-Adult-Swim for Condi2	pg. 36
Lessons-KSAC-Adult-Level 1	pg. 35
Lessons-KSAC-Adult-Level 2	pg. 35
Lessons-KSAC-Adult-Level 3	pg. 36
Lessons-KSAC-Adult-Level 4	pg. 36
Lessons-KSAC-Adult-Level 5	pg. 36
Lessons-KSAC-Aquatots	pg. 24
Lessons-KSAC-Pre-Beginner-Level 1	pg. 26
Lessons-KSAC-Pre-Beginner-Level 2	pg. 28
Lessons-KSAC-Pre-Beginner-Level 3	pg. 30
Lessons-KSAC-Pre-Beginner-Level 4	pg. 31
Lessons-KSAC-Pre-School	pg. 25
Lessons-KSAC-Waterbabies	pg. 24
Lessons-KSAC-Youth-Level 1	pg. 32
Lessons-KSAC-Youth-Level 2	pg. 32
Lessons-KSAC-Youth-Level 3	pg. 33
Lessons-KSAC-Youth-Level 4	pg. 33

PROGRAM LOCATIONS

Kennedy Shriver Aquatic Ctr. *continued*

Lessons-KSAC-Youth-Level 5	pg. 34
Lessons-KSAC-Youth-Level 6	pg. 34
Pilates (Stretch & Strengthen).....	pg. 56
SwiMontgomery.....	pg. 13
TR Swimming with Multiple Sclerosis	pg. 97
Water Aerobics	pg. 12
Water Exercise for Arthritis	pg. 12
Water Exercise.....	pg. 12

Kensington-Parkwood ES

MD Sports Hoop Star Basketball Clinics.....	pg. 73
---	--------

Kingsview MS

Bollywood Kids.....	pg. 43
Folk Bhangra/Bollywood.....	pg. 45
MD Sports All Star Skills Clinic	pg. 73

Kritt Studio

Beginning Drawing with Kritt	pg. 39
Painting Tips with Penny Kritt Workshop.....	pg. 39
Painting Spring with Penny Kritt	pg. 39

Long Branch CC

Club Rec.....	pg. 2
Pre Ballet by Jazzmatazz.....	pg. 42
Preschool Dance by Jazzmatazz.....	pg. 64
Yoga for Stress Relief	pg. 59

Longwood CC

Art Studio.....	pg. 38
Baton 1 Beginner.....	pg. 61
Karate/Jujitsu.....	pg. 62
Kelley's Complete Fitness Workout.....	pg. 54
Messes and Masterpieces	pg. 64
Music Together with Miri.....	pg. 65
Zumba with Step-n-Sweat Fitness	pg. 53

Luxmanor ES

Ballet Workout	pg. 51
----------------------	--------

Marilyn J. Praisner CC

ACT The Workout Pass	pg. 52
Club Rec	pg. 2
For Kidz Only.....	pg. 2
Karate/Jujitsu.....	pg. 62
Karate/Jujitsu Adults	pg. 63
Dynamic Ab Challenge for Youth & Adults ...	pg. 56
Tap, Ballet & Jazz Beginner.....	pg. 42
Tap, Ballet & Jazz Int.....	pg. 42
Tap Dance for Adults Intermediate	pg. 46
Ultimate Boxing Boot Camp for Youth & Adults..	pg. 56
Yoga Basics	pg. 59
Zumba.....	pg. 53
Zumbatomic with Step-n-Sweat Fitness.....	pg. 61

Martin Luther King Swim Center

Abs & Glutes.....	pg. 11
Adapted Aquatics.....	pg. 21
Adult Swim	pg. 96
Aqua Cardio Challenge	pg. 11
Aqua YO-Lates	pg. 11
AquaZumba.....	pg. 11
Deep Water Running & Exercise.....	pg. 12
Diving High School	pg. 14
Diving National Team	pg. 15
Diving Springs Lessons	pg. 15
Diving Springs Team (Open).....	pg. 15
Lessons-MLK-Adult-Level 1	pg. 35
Lessons-MLK-Adult-Level 2.....	pg. 35
Lessons-MLK-Adult-Level 3.....	pg. 36
Lessons-MLK-Adult-Level 4.....	pg. 36
Lessons-MLK-Aquatots	pg. 24
Lessons-MLK-Pre-Beginner-Level 1	pg. 27
Lessons-MLK-Pre-Beginner-Level 2	pg. 29
Lessons-MLK-Pre-Beginner-Level 3	pg. 30
Lessons-MLK-Pre-Beginner-Level 4	pg. 31
Lessons-MLK-Pre-School	pg. 25
Lessons-MLK-Waterbabies.....	pg. 24
Lessons-MLK-Youth-Level 1	pg. 32
Lessons-MLK-Youth-Level 2.....	pg. 32
Lessons-MLK-Youth-Level 3.....	pg. 33
Lessons-MLK-Youth-Level 4.....	pg. 33
Lessons-MLK-Youth-Level 5.....	pg. 34
Lessons-MLK-Youth-Level 6.....	pg. 34
Scuba - Continuing Education	pg. 13
Scuba.....	pg. 13
Spring Tune-Up	pg. 13
SwiMontgomery.....	pg. 13
Water Aerobics	pg. 12
Water Exercise for Arthritis	pg. 12
Water Exercise.....	pg. 12

Meadowbrook Local Park

Challenger Sports Cubs Soccer	pg. 69
Challenger Sports Lil Lions Soccer	pg. 69
Challenger Sports Player Dev. Soccer.....	pg. 74

Mid County CC

Ballroom IV	pg. 44
Club Rec	pg. 2
Dance & Fitness.....	pg. 51
Tap, Ballet & Jazz Beginner.....	pg. 42
Funfit Tots	pg. 67
Karate/Jujitsu.....	pg. 62
Mama Goose on the Loose	pg. 67
Music Together - Montgomery	pg. 65
Red Sprinkle Fashion School- Advanced	pg. 70
Red Sprinkle Fashion School- Intermediate. pg.	38
Tiny Hands Crafts.....	pg. 64
Yoga Basics	pg. 59
Zumba with Step-n-Sweat Fitness	pg. 53

Montgomery Village MS....

Karate/Jujitsu.....	pg. 62
Karate/Jujitsu Adults	pg. 63

Norwood Local Park

Oil or Acrylic Painting- Your Choice	pg. 39
--	--------

Oakland Terrace ES

Coach Doug Soccer	pg. 69
Coach Doug Sports School.....	pg. 69
Coach Doug Wee Wanna Be.....	pg. 68
MD Sports Rim Rockers.....	pg. 73

Olney ES

Ballroom I Beginners	pg. 43
Ballroom II.....	pg. 43
Cheerleading	pg. 74
MD Sports Hoop Star Basketball Clinics.....	pg. 73

Olney Family Neigh Park

Challenger Sports Cubs Soccer	pg. 69
Challenger Sports Lil Lions Soccer	pg. 69
Challenger Sports Player Dev. Soccer.....	pg. 74

Olney Manor Rec. Park.....

27th Annual Virginia Wine & Craft Festival .	pg. 94
Adventure Park USA	pg. 93
American Music Theatre w/ George Jones. pg.	95
American Visionary Art Museum	pg. 93
Annual Ashland Strawberry Faire	pg. 95
Annual Leesburg Flower & Garden Festival pg.	94
Englishtown, NJ's Premier Market Place	pg. 94
International Orchid Show & Sale	pg. 93
National Cathedral Flower Mart	pg. 94
Ocean City Springfest.....	pg. 94
Sights and Sounds Millennium Theatre	pg. 93
The Kennedy Center Anything Thing Goes..	pg. 95



PROGRAM LOCATIONS

Olney Swim Center

Adapted Aquatics.....	pg. 21
Adult Swim	pg. 96
Aqua Cardio Challenge	pg. 11
AquaZumba.....	pg. 11
Deep Water Running & Exercise.....	pg. 12
Diving Springs Lessons.....	pg. 15
Diving Springs Team (Open).....	pg. 15
iSwim Clinic.....	pg. 13
Lessons-OSC Aquatots.....	pg. 25
Lessons-OSC-Adult-Level 1	pg. 35
Lessons-OSC-Adult-Level 2.....	pg. 35
Lessons-OSC-Adult-Level 3.....	pg. 36
Lessons-OSC-Adult-Level 4.....	pg. 36
Lessons-OSC-Adult-Level 5.....	pg. 36
Lessons-OSC-Pre-Beginner-Level 1	pg. 27
Lessons-OSC-Pre-Beginner-Level 2	pg. 28
Lessons-OSC-Pre-Beginner-Level 3	pg. 30
Lessons-OSC-Pre-Beginner-Level 4	pg. 31
Lessons-OSC-Pre-School	pg. 25
Lessons-OSC-Waterbabies.....	pg. 24
Lessons-OSC-Youth-Level 1	pg. 32
Lessons-OSC-Youth-Level 2.....	pg. 32
Lessons-OSC-Youth-Level 3.....	pg. 33
Lessons-OSC-Youth-Level 4.....	pg. 33
Lessons-OSC-Youth-Level 5.....	pg. 34
Lessons-OSC-Youth-Level 6.....	pg. 34
Scuba.....	pg. 13
Spring Tune-Up	pg. 13
SwiMontgomery.....	pg. 13
Water Aerobics	pg. 12
Water Boot Camp	pg. 12
Water Exercise.....	pg. 12
Water Exercise for Arthritis.....	pg. 12
Zumba.....	pg. 53

Parkland MS

Fencing with Mohebban Beginner I	pg. 72
Fencing with Mohebban Beginner II	pg. 72
Fencing with Mohebban Practices & Club ..	pg. 72

Pilgrim Hills Local Park

Movin' with Millie: Aerobics & Exercise.....	pg. 54
Tai Chi, Beginning.....	pg. 60
Tai Chi, Continuing.....	pg. 60

Poole, John MS

Karate/Jujitsu.....	pg. 62
---------------------	--------

Potomac CC

Abrakadoodle: Twoosy Doodlers	pg. 64
Act It Out	pg. 66
ACT The Workout Pass.....	pg. 52
Ballet	pg. 42
Ballroom Wedding Dance.....	pg. 44
Bollywood for Tots.....	pg. 65
Bollywood Kids.....	pg. 43
Cartooning with Young Rembrandts	pg. 38
Coach Doug Club Holiday Extended Day.....	pg. 37
Coach Doug Club Holiday.....	pg. 37
Coach Doug Pre Wee Wanna Be.....	pg. 68
Coach Doug Soccer	pg. 68
Coach Doug Sports School.....	pg. 69
Coach Doug Wee Wanna Be Soccer & Tennis...	pg. 68
Coach Doug Wee Wanna Be.....	pg. 68
Dance & Fitness.....	pg. 51
DC Hand Dancing	pg. 44
Discovering Music for Toddlers	pg. 65
Dramatic Kids!	pg. 70
Family Chefs.....	pg. 49
Folk Bhangra/Bollywood.....	pg. 45
Funfit Tots	pg. 67
Funky Forces Pre-k.....	pg. 65
Gemology (Advanced)	pg. 70
Guitar Level I.....	pg. 46
Guitar Level II.....	pg. 46
Hip Hop for Kids!	pg. 43
Hip Hop for KidZ!.....	pg. 43
Jacki Sorensen's Aerobic Dance	pg. 51
Jacki Sorensen's Strong Step	pg. 54
Karate/Jujitsu.....	pg. 62
Karate/Jujitsu Adults	pg. 63
Kidz Dance	pg. 64
Latin Salsa.....	pg. 45
Laughter Fitness	pg. 56
Little Stars	pg. 66
Messes and Masterpieces	pg. 64
Red Sprinkle Fashion School- Advanced	pg. 70
Red Sprinkle Fashion School- Int.....	pg. 38
Right Brain Drawing Advanced.....	pg. 39
Right Brain Drawing Beginner	pg. 39
Slow 'n Easy Aerobics.....	pg. 97
Tai Chi, Beginning.....	pg. 60
Tai Chi, Continuing.....	pg. 60
Tiny Hands Chefs.....	pg. 66
Tiny Hands Crafts.....	pg. 64
Vini Easy Going Yoga	pg. 59
Vini Yoga	pg. 59
Vini Yoga Intermediate	pg. 59
Zumba.....	pg. 53

Potomac ES

One On One After School Hoops	pg. 73
-------------------------------------	--------

Quince Orchard Valley Neigh.Park

Funfit Tots	pg. 67
Gymnastics Tumbling Format.....	pg. 68

Resnik, Judith A. ES

Karate/Jujitsu.....	pg. 62
---------------------	--------

Rock View ES

Dance & Fitness.....	pg. 51
----------------------	--------

Rolling Terrace ES

Karate/Jujitsu.....	pg. 62
Karate/Jujitsu Adults	pg. 63

Rosemary Hills ES

One On One After School Hoops	pg. 73
-------------------------------------	--------

Ross Boddy CC

A Mexican Tamale Party!	pg. 49
A Real Pressure Cooker Class.....	pg. 50
A Wonderful Dinner Party.....	pg. 50
Advanced Cooking Skills	pg. 48
Aikido Beginning	pg. 62
Aikido Continuing.....	pg. 62
Authentic French Cooking	pg. 49
Basic Cooking Skills	pg. 48
Beginning Handbuilt Pottery for Adults.....	pg. 97
Intermediate Cooking	pg. 48
Knife Skills Spring	pg. 48
Pottery Open Studio	pg. 41
The Food First then the Wine	pg. 50
The New World Wines of New Zealand!	pg. 50
The Secrets of Thai Cooking	pg. 49
The Wonderful Wines of the Rhone Valley ..	pg. 50

Schweinhaut CC

Zumba with Zukossa Fitness.....	pg. 53
---------------------------------	--------

Sligo Creek ES

Pottery at Sligo Creek.....	pg. 41
One On One After School Hoops	pg. 73

Stonegate Local Park

Challenger Sports Cubs Soccer.....	pg. 69
Challenger Sports Lil Lions Soccer	pg. 69
Challenger Sports Player Dev. Soccer.....	pg. 74

Tilden MS

Funfit Tots	pg. 67
Kendo.....	pg. 62

PROGRAM LOCATIONS

Upper County CC

Club Rec	pg. 2
Breakdancing	pg. 43
Hip Hop for Kids!	pg. 43
Gymnastics Tumbling Format.....	pg. 68
Karate/Jujitsu.....	pg. 62
Karate/Jujitsu Adults.....	pg. 63
TR Zumba.....	pg. 97
Turn the Beat Around.....	pg. 97

Veirs Mill Local Park

Dance & Fitness.....	pg. 51
Dance & Fitness Add a Class	pg. 51

Wayside ES

One On One After School Hoops	pg. 73
-------------------------------------	--------

Wheaton CC

ACT The Workout Pass	pg. 52
Ballet	pg. 42
Ballroom I Beginners.....	pg. 43
Ballroom II	pg. 43
Beginning Handbuilt Pottery for Adults.....	pg. 97
Cartooning with Young Rembrandts	pg. 38
Funfit Tots - En Espanol!	pg. 67
Funfit Tots	pg. 67
Handcrafted Pottery All Levels.....	pg. 41
Handcrafted Pottery Beginner/intermediate.....	pg. 41
Jamboree	pg. 97
Jazzmatazz Low Impact Aerobics.....	pg. 54
Karate/Jujitsu Adults.....	pg. 63
Karate/Jujitsu.....	pg. 62
Kelley's Complete Fitness Workout.....	pg. 54
Kidz Dance	pg. 64
Slow 'n Easy Aerobics.....	pg. 97
TR Zumba.....	pg. 97
Turn the Beat Around.....	pg. 97
Ultimate Boxing Boot Camp for Youth & Adults..	pg. 56
Urban Line Dance	pg. 46
Watercolor and Drawing Exploration.....	pg. 97
Young Rembrandts for Tiny Tots	pg. 64

Wheaton Regional Library

Discovering Music for Toddlers	pg. 65
--------------------------------------	--------

Wheaton-Claridge Local Park

Music Together - Montgomery.....	pg. 65
----------------------------------	--------

White Oak CC

Abrakadoodle Doodlers.....	pg. 38
Abrakadoodle: Mini-Doodlers	pg. 64
Ballet	pg. 42
Ballroom I Beginners.....	pg. 43
Ballroom II.....	pg. 43
Bath and Beauty Products.....	pg. 40
Beginning Handbuilt Pottery for Adults.....	pg. 97
Beginning Wire Work	pg. 40
Braided Wire Bracelets.....	pg. 40
Club Rec	pg. 2
Drawing Made Easy	pg. 38
Dynamic Ab Challenge for Youth & Adults..	pg. 56
Earrings, Earrings, Earrings!	pg. 40
Funfit Tots	pg. 67
Funky Forces Pre-k.....	pg. 65
Handcrafted Pottery All Levels.....	pg. 41
Homemade Pies	pg. 49
Introduction to Pottery	pg. 41
Jewelry Basics.....	pg. 40
Kids Yoga with Kirsten.....	pg. 61
Kidz Dance	pg. 64
Little Scientists: Beakers and Brushes.....	pg. 66
Little Scientists: Markers & Microscopes	pg. 66
Mad Science: Funky Forces	pg. 70
Meditation and Qi Gong	pg. 55
Meditation and Qigong for Health	pg. 55
Modern Masterpieces (painting)	pg. 38
Muffins & Quick Breads	pg. 49
Music Together - Montgomery.....	pg. 65
Player Development Program (PDP)	pg. 73
Right Angle Weave Bracelet.....	pg. 40
Soul Line Dance.....	pg. 45
Southern Summer Supper	pg. 50
Tai Chi and QiGong for Mind-Body Connection..	pg. 60
Tai Chi	pg. 60
TR Yoga Basics.....	pg. 97
Ultimate Boxing Boot Camp for Youth & Adults..	pg. 56
Wire Wrapping.....	pg. 40
Zumba with Step-n-Sweat Fitness	pg. 53

Wisconsin Place CC

Abrakadoodle Doodlers.....	pg. 38
Abrakadoodle: Twoosy Doodlers	pg. 64
Art with Storytelling	pg. 38
Discovering Music for Toddlers	pg. 65
Evening Yoga.....	pg. 58
Funfit Tots	pg. 67
Hatha Yoga & Stress Management Beg/Con	pg. 58
Meditation and Qi Gong	pg. 55
Messes and Masterpieces	pg. 64
One On One After School Hoops	pg. 73
Tai Chi	pg. 60
Tai Chi and QiGong for Mind-Body Connection..	pg. 60
Tai Chi Chuan, Intermediate	pg. 60
UK Elite Petite Soccer	pg. 69
Yoga for Relaxation	pg. 59
Zumba.....	pg. 53
Zumba with Step-n-Sweat Fitness	pg. 53

Woodlin ES

One On One After School Hoops	pg. 73
-------------------------------------	--------

Wyngate ES

Dynaerobics.....	pg. 54
Mad Science: Funky Forces	pg. 70

Yoga Plus - Bethesda

Yoga & Free Weights	pg. 59
---------------------------	--------

Yoga Plus - Potomac

Massage Ball Workshop	pg. 58
Yoga for Scoliosis & Healthy Back	pg. 59
Yoga-Workshop for Scoliosis.....	pg. 59



LOCATIONS

Elementary Schools

Barnsley, Lucy ES.....	14516 Nadine DR, Rockville, 20853
Bells Mill ES.....	8225 Bells Mill RD, Potomac, 20854
Bethesda ES.....	5011 Moorland LN, Bethesda, 20814
Brooke Grove ES.....	2700 Spartan RD, Olney, 20832
Cloverly ES.....	800 Briggs Chaney RD, Silver Spring, 20904
Cold Spring ES.....	9201 Falls Chapel WAY, Potomac, 20854
DuFief ES.....	15001 DuFief DR, Gaithersburg, 20878
Garrett Park ES.....	4810 Oxford ST, Garrett Park, 20896
Greenwood ES.....	3336 Gold Mine RD, Brookeville, 20833
Jackson Road ES.....	900 Jackson RD, Silver Spring, 20904
Kensington-Parkwood ES.....	710 Saul RD, Kensington, 20895
Luxmanor ES.....	6201 Tilden LN, Rockville, 20852
Oakland Terrace ES.....	2720 Plyers Mill RD, Silver Spring, 20902
Olney ES.....	3401 Queen Mary DR, Olney, 20832
Potomac ES.....	10311 River RD, Rockville, 20854
Resnik, Judith A. ES.....	7301 Hadley Farms DR, Gaithersburg, 20879
Rock View ES.....	3901 Denfeld AVE, Kensington, 20895
Rolling Terrace ES.....	705 Bayfield ST, Takoma Park, 20912
Rosemary Hills ES.....	2111 Porter RD, Silver Spring, 20910
Sligo Creek ES.....	500 Schuyler RD, Silver Spring, 20910
Wayside ES.....	10011 Glen RD, Potomac, 20854
Woodlin ES.....	2101 Luzerne AVE, Silver Spring, 20910
Wyngate ES.....	9300 Wadsworth DR, Bethesda, 20817

Middle Schools

Cabin John MS.....	10701 Gainsborough RD, Potomac, 20854
Clemente, Roberto MS.....	18808 Waring Station RD, Germantown, 20874
Eastern MS.....	300 University BLVD, Silver Spring, 20901
Farquhar, William H. MS.....	16915 Batchellors Forest RD, Olney, 20832
Frost, Robert MS.....	9201 Scott DR, Rockville, 20850
Kingsview MS.....	18909 Kingsview RD, Germantown, 20874
Lee, Col. E. Brooke MS.....	11800 Monticello AVE, Silver Spring, 20902
Montgomery Village MS.....	19300 Watkins Mill RD, Gaithersburg, 20879
Parks, Rosa MS.....	19200 Olney Mill RD, Olney, 20832
Poole, John MS.....	17014 Tom Fox AVE, Poolesville, 20837
Silver Spring Intl. MS.....	313 Wayne AVE, Silver Spring, 20910
Takoma Park MS.....	611 Piney Branch RD, Silver Spring, 20910
Tilden MS.....	11211 Old Georgetown RD, Rockville, 20852

High Schools

Bethesda-Chevy Chase HS ...	4301 East West Highway, Bethesda, 20814
Blair, Montgomery HS.....	51 University BLVD E, Silver Spring, 20901
Churchill, Winston HS.....	11300 Gainsborough RD, Potomac, 20854
Paint Branch HS.....	14121 Old Columbia PIKE, Burtonsville, 20866
Springbrook HS.....	201 Valleybrook DR, Silver Spring, 20904
Takoma Park HS.....	611 Piney Branch RD, Silver Spring, 20910
Wheaton HS.....	12601 Dalewood DR, Wheaton, 20906

Parks

Capital View-Homewood LP ..	2929 Edgewood RD, Kensington, 20895
Darnestown LP.....	14211 Darnestown RD, Darnestown,
Falls Road LP.....	12600 Falls Road RD, Potomac,
Meadowbrook LP.....	7901 Meadowbrook LN, Chevy Chase,
Norwood LP.....	4700 Norwood DR, Chevy Chase, 20815
Olney Family NP.....	19117 Willow Grove RD, Olney,
Olney Manor RP.....	16601 Georgia AVE, Olney, 20832
Pilgrim Hills LP.....	1615 E Randolph RD, Colesville, 20904
Quince Orchard Valley NP	12015 Suffolk TER, Gaithersburg, 20878
Stonegate LP.....	14920 Notley RD, Cloverly,
Veirs Mill LP.....	4425 Garrett Park RD, Wheaton, 20906
Wheaton-Claridge LP.....	11901 Claridge RD, Wheaton, 20902

Recreation Facilities

Bauer Drive CC.....	14625 Bauer DR, Rockville, 20853
Clara Barton CC.....	7425 MacArthur BLVD, Cabin John, 20818
Damascus CC.....	25520 Oak DR, Damascus, 20872
East County CC.....	3310 Gateshead Manor WAY, Silver Spring, 20904
Germantown CC.....	18905 Kingsview DR, Germantown, 20874
Gwendolyn Coffield CC.....	2450 Lyttonville RD, Silver Spring, 20910
Holiday Park Senior Center...	3950 Ferrara DR, Wheaton, 20906
Jane E. Lawton CC.....	4301 Willow LN, Chevy Chase, 20815
Long Branch CC.....	8700 Piney Branch RD, Silver Spring, 20901
Longwood CC.....	19300 Georgia AVE, Brookeville, 20833
Marilyn J. Praisner CC.....	14906 Old Columbia PKY, Burtonsville, 20866
Mid County CC.....	2004 Queensguard RD, Silver Spring, 20906
Potomac CC.....	11315 Falls RD, Potomac, 20854
Ross Boddy CC.....	18529 Brooke RD, Sandy Spring, 20860
Schweinhaut SC.....	1000 Forest Glen RD, Silver Spring, 20901
Germantown ISC.....	18000 Central Park Cir, Boyds, 20841
Kennedy Shriver AC.....	5900 Executive BLVD, N. Bethesda, 20814
Martin Luther King SC.....	1201 Jackson RD, Silver Spring, 20904
Olney Swim Center.....	16601 Georgia AVE, Olney, 20832
Upper County CC.....	8201 Emory Grove RD, Gaithersburg, 20877
Wheaton CC.....	11711 Georgia AVE, Wheaton, 20902
White Oak CC.....	1700 April LN, Silver Spring, 20904
Wisconsin Place CC.....	5311 Friendship BLVD, Chevy Chase, 20815

Libraries

Davis Community Library	6400 Democracy BLVD, Bethesda, 20817
Wheaton Regional Library	11701 Georgia AVE, Wheaton, 20902

Other Facilities

Camp Olympia.....	5511 Muncaster Mill RD, Rockville, 20855
Create Arts Center.....	816 Thayer AVE, Silver Spring, 20910
Golden School of Music.....	8004 A Norfolk AVE, Bethesda, 20814
Gymnastics of America, Inc. ...	9168 Gaither RD, Gaithersburg, 20877
Kritt Studio.....	14817 Brownstone DR, Burtonsville, 20866
Yoga Plus Bethesda.....	8200 Hamilton Springs CT, Bethesda, 20817
Yoga Plus Potomac.....	9908 S Glen RD, Potomac, 20854



MONTGOMERY PARKS • SPRING 2013



Nature Programs

- 115 Black Hill Visitor Center
- 110 Brookside Gardens
- 119 Brookside Nature Center
- 125 Locust Grove Nature Center
- 129 Meadowside Nature Center
- 126 Nature Center Spring Events

Sports Programs

- 139 Golf @ South Germantown Driving Range
- 141 Ice Skating & Hockey @ Cabin John and Wheaton Ice
- 151 Skateboarding @ Olney Manor Skatepark
- 153 Tennis @ Pauline Betz Addie and Wheaton Indoor
- 150 Wheaton Sports Pavilion

More to Do in the Parks

- 124 Archaeology Events
- 123 Gas & Steam Engine Show at the Ag Farm
- 124, 136 History in the Parks
- 114 Little Bennett Campground
- 134, 162 Party in the Parks!
- 126, 138, 152 Spring Break, Spring Events & Openings
- 133 Trips & Excursions
- 123, 135 Volunteer Opportunities

Information and Registration

- 106 Chair's Letter
- 108 Montgomery Parks Facility Directory
- 107 Montgomery Parks Foundation
- 163 Montgomery Parks Registration Information
- Parks & Recreation Registration Form

Inside back cover; fill out green section for Parks classes

REGISTRATION OPENS

for Brookside Gardens,
all Nature Centers,
South Germantown Driving
Range and Outdoor Tennis
...on **FEBRUARY 14/15***

for Ice Skating & Hockey
April 23/24* thru 27

for Indoor Tennis
April classes...
MARCH 20/21*
May classes...
MAY 5/6*

** Registration is open to
Montgomery County residents
one day early for all classes;
next day registration is open to
all. See specific sections for more
registration information.*



MONTGOMERY COUNTY PLANNING BOARD THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION

OFFICE OF THE CHAIR

Spring 2013

Dear Montgomery County Resident,

It might be chilly and wet outside when you read this letter, but spring will be here before you know it. After months of hibernation, spring is a wonderful time to explore and play in Montgomery Parks.

Discover the great outdoors on your own, or visit one of our four Nature Centers. The Naturalists there will show and tell you things about the natural world that will amaze and delight you and your children. From story times and hands-on science for kids to hikes, stargazing, and bird watching for adults, there's something for everyone. Nature Center programs begin on p. 115.

Along with the crocuses and daffodils, many of our seasonal facilities open in the spring. Go fishing or rent a kayak, canoe, or rowboat at Little Seneca Lake (Black Hill Boats) or Lake Needwood. Practice your swing or learn to golf at South Germantown Driving Range. Ride the miniature trains at Cabin John or Wheaton (and the carousel at Wheaton), and go camping at Little Bennett (spring camping is nice and cool, with fewer bugs). See p. 138 for a list of spring opening dates.

Here are a few more things to do this spring in Montgomery Parks:

- ✿ During MCPS Spring Break, check out Spring Week in the Park, Spring Break Golf Camp or Archaeology Camp, and Park Play Days at the ice rinks. Cabin John and Wheaton miniature trains will be running, too (see p. 152). The Nature Centers also have a full lineup of great activities during Spring Break—look for the class numbers and dates printed in “robin’s egg” blue.
- ✿ Parks’ historic sites open in spring, with guided tours of Oakley Cabin and the Josiah Henson site, Underground Railroad hikes and more (p. 136).
- ✿ It’s special event time! Visit MontgomeryParks.org and click on “Events Calendar” for more.
 - St. Patrick’s Day Scavenger Hunt at Brookside Gardens (Friday, March 15)
 - Spring Open House at the new Wheaton Sports Pavilion (Sunday, March 24)
 - Annual Easter Egg Hunt at Meadowside Nature Center (Friday, March 29)
 - Forest Friends Festival at Brookside Nature Center (Sunday, April 28)
 - Native Plant Sale (April 26-28) and Bluebirds Forever Festival (May 19) at Black Hill Visitor Center

Looking forward to summer? It’s not too early (or too late!) to sign up for an excellent Parks Summer Camp. Montgomery Parks offer 5- and 4-day camps that explore everything from bugs and butterflies, fossils and fishing, camping and kayaking to ice skating, golf, skateboarding and tennis. Registration has been open since January, so if you see something you like, register today. If you sign up by February 28, you can save \$25 on 15 select camps. Visit www.MontgomeryParks.org/camps for more information.

I invite you to get outside, fire up all five senses, and join us for a naturally excellent spring in the Parks!

A handwritten signature in black ink, appearing to read 'Francoise M. Carrier'.

Françoise M. Carrier
Chair

8787 Georgia Avenue, Silver Spring, Maryland 20910 Phone: 301.495.4605 Fax: 301.495.1320
www.MCParkandPlanning.org E-Mail: mcp-chairman@mncppc.org

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Love your parks? Help support them!



Montgomery Parks
FOUNDATION

Visit MontgomeryParksFoundation.org



Join

Being a Friend of Montgomery Parks is a great way to support our green, open spaces and the wonderful parks of Montgomery County. Friends receive access to special Friends-only events and programs, benefit from special discounts, receive our e-newsletter, and will receive a bumper sticker or magnet so you can display your support.



**Dedicate
benches**

Honor, memorialize or thank a relative, friend, or colleague with the dedication of a bench in one of Montgomery County's beautiful parks. The Montgomery Parks Foundation will purchase and arrange for the installation of your new park, trail or garden bench, or you may choose to adopt an existing bench.

trees

Planting a new tree or adopting an existing tree in one of our parks is a perfect way to remember or honor loved ones, community members and friends. The Montgomery Parks Foundation will arrange for the installation of a new tree from October 1 through April 30, during the planting season, or you can adopt an existing tree anytime!



MONTGOMERY PARKS Directory

BOATING & FISHING

Black Hill Boats • Black Hill Regional Park
20920 Lake Ridge Drive, Boyds, MD 20841
301-972-6157 weekends • 301-528-3490 Monday-Friday
www.BlackHillBoats.com

Lake Needwood Boats • Rock Creek Regional Park
15700 Needwood Lake Circle, Rockville, MD 20855
301-762-9500 info • 301-948-0501 Park Manager
www.LakeNeedwoodBoats.com

CAMPING

Little Bennett Campground • Little Bennett Regional Park
23701 Frederick Road, Clarksburg, MD 20871
301-528-3430 • www.LittleBennettCampground.com

CAROUSEL

Ovid Hazen Wells Carousel • Wheaton Regional Park; see "Trains"

CULTURAL & HISTORIC ATTRACTIONS

Visit www.HistoryintheParks.org for more information and sites.

Oakley Cabin African American Museum
3610 Brookeville Road, Olney, MD 20832
301-650-4373 • www.OakleyCabin.org

Underground Railroad Experience Trail
16501 Norwood Rd., Sandy Spring, MD 20860
301-650-4373 • www.UndergroundRRExperience.org

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-650-4373 • www.AgHistoryFarm.org

DOG PARKS

Black Hill Regional Park Dog Park
20930 Lake Ridge Drive, Boyds, MD 20841
On Picnic Lane, SE of boat rentals on Lake Ridge Dr.

Cabin John Regional Park Dog Park
10900 Westlake Drive, Bethesda, MD 20876

Olney Manor Recreational Park Dog Park
16601 Georgia Avenue, Olney, MD 20832
Near Ballfield #4, across from the concession stand.

Ridge Road Recreational Park Dog Park
21155 Frederick Road, Germantown, MD 20876
North of the soccer field, west of the in-line hockey rink.

Wheaton Regional Park Dog Park
11717 Orebaugh Avenue, Silver Spring, MD 20902
East of Wheaton Outdoor Rink; use Orebaugh Avenue entrance to park.

EVENT CENTERS

Looking for the perfect spot for a wedding, family reunion, birthday, anniversary, retirement celebration, business meeting or retreat? Montgomery Parks is the natural choice! Visit www.ParkEventCenters.com for more information.

Agricultural History Farm Park
18400 Muncaster Road, Derwood, MD 20855
301-299-5026 information & reservations • 301-670-4661
www.ParkEventCenters.com or www.AgHistoryFarm.org
Email: EventCenters@MontgomeryParks.org

Available for private rentals, and open for Parks-sponsored special events such as Harvest Festival, Gas & Steam Engine Show, and Parks camps and classes.

EVENT CENTERS (cont.)

Brookside Gardens • Wheaton Regional Park
1800 Glenallen Avenue, Wheaton, MD 20902
301-962-1404 information & reservations
Email: EventManager@MontgomeryParks.org

Lodge at Little Seneca Creek
14500-A Clopper Road, Boyds, MD 20841
301-299-5026 information & reservations
Email: EventCenters@MontgomeryParks.org

Rockwood Manor ParkPASS
11001 MacArthur Boulevard, Potomac, MD 20854
301-299-5026 information & reservations
Email: EventCenters@MontgomeryParks.org

Woodlawn Manor Park
16501 Norwood Road, Sandy Spring, MD 20860
301-299-5026 information & reservations
Email: EventCenters@MontgomeryParks.org

FUTSAL

NEW!

Wheaton Sports Pavilion in Wheaton Regional Park; see "Soccer"

GARDENS

Brookside Gardens • Wheaton Regional Park **ParkPASS**
1800 Glenallen Ave., Wheaton, MD 20902
301-962-1400 general information • 301-962-1404 event rentals
www.BrooksideGardens.org

McCrillis Gardens
6910 Greentree Road, Bethesda, MD 20817
301-962-1455 • www.McCrillisGardens.org

GOLF

South Germantown Driving Range ParkPASS
South Germantown Recreational Park
18045 Central Park Circle, Boyds, MD 20841
301-670-4670 • www.SGDrivingRange.com

HORSEBACK RIDING & STABLES

Callithea Farm Park
15000 River Rd., Potomac, MD 20854 • 301-977-8010

Meadowbrook Riding Stables
8200 Meadowbrook Lane, Chevy Chase, MD 20815
301-589-9026 • www.MeadowbrookStables.com

Potomac Horse Center
14211 Quince Orchard Rd., N. Potomac, MD 20878
301-208-0200 • www.PotomacHorse.com

Rickman Farm Horse Park
17320 Moore Rd., Boyds, MD 20841
1-301-349-0075 • www.GreatandSmallDC.org

Wheaton Regional Park Stables
1101 Glenallen Ave., Wheaton, MD 20902
301-622-2424 • www.WheatonParkStables.com

Woodstock Equestrian Park
20100 Darnestown Rd., Beallsville, MD 20839
301-767-0002 • www.EquestrianPark.org

Equestrian facilities are managed by private operators through partnerships with The Maryland-National Capital Park and Planning Commission (M-NCPPC).



CONTACT

- To report maintenance issues or problems in a park:
301-670-8080
- To reserve a picnic shelter or Park Activity building:
www.ParkPermits.org
301-495-2525
- Athletic Field Rainout number:
301-765-8787
- Park Police:
301-949-3010
- For info on a Montgomery Parks class or program:
301-495-2580
www.ParkPASS.org
MCP-ParkPassHelp
@MontgomeryParks.org
- To volunteer in the Parks:
www.ParksVolunteers.org
- General Information:
301-495-2595
www.MontgomeryParks.org
- For info about a specific park:
www.MontgomeryParks.org
Click on "Contact Us"
- Become a fan of **Montgomery Parks** on Facebook
- Follow MontgomeryParks on Twitter at **http://twitter.com/MontgomeryParks**
- Support MontgomeryParks! Visit **www.MontgomeryParksFoundation.org**

ICE SKATING

Cabin John Ice Rink **ParkPASS**

Cabin John Regional Park
10610 Westlake Drive, Rockville, MD 20852
301-765-8620 • www.CabinJohnIce.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms and more.

Wheaton Ice Arena **ParkPASS**

Wheaton Regional Park
11717 Orebaugh Avenue, Wheaton, MD 20902
301-905-3000 • www.WheatonIceArena.com

Classes for all ages and skill levels, private instruction, camps, public skating sessions, party rooms, fitness/exercise center.

LACROSSE

NEW!

Wheaton Sports Pavilion

in Wheaton Regional Park; see "Soccer"

MINIATURE GOLF

South Germantown Miniature Golf

South Germantown Recreational Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

NATURE CENTERS

Black Hill Visitor Center **ParkPASS**

Black Hill Regional Park
20926 Lake Ridge Dr., Boyds, MD 20841
301-528-3492 • www.BlackHillNature.org

Brookside Nature Center **ParkPASS**

Wheaton Regional Park
1400 Glenallan Avenue, Wheaton, MD 20902
301-962-1480 • www.BrooksideNature.org

Locust Grove Nature Center **ParkPASS**

Cabin John Regional Park
7777 Democracy Boulevard, Bethesda, MD 20817
301-765-8660 • www.LocustGroveNature.org

Meadowside Nature Center **ParkPASS**

Rock Creek Regional Park
5100 Meadowside Lane, Rockville, MD 20855
301-258-4030 • www.MeadowsideNature.org

SOCCER

NEW!

Wheaton Sports Pavilion

in Wheaton Regional Park (former Outdoor Rink)
11751 Orebaugh Avenue, Wheaton, MD 20902
301-905-3070 • www.WheatonSportsPavilion.com

200' x 85' covered synthetic turf playing field; rent for soccer, lacrosse, futsal, league play and more.

SPLASH PLAYGROUND

South Germantown Splash Playground

South Germantown Regional Park
18056 Central Park Circle, Boyds, MD 20841
301-670-4680 • www.SplashandGolf.com

SKATEBOARDING & INLINE

Olney Manor Skate Park

Olney Manor Regional Park
16601 Georgia Avenue, Olney, MD 20832
301-905-3095 • www.OlneyManorSkate.com

TENNIS (Indoor)

Pauline Betz Addie Tennis Center **ParkPASS**

at Cabin John Regional Park
7801 Democracy Blvd., Bethesda, MD 20817
301-765-8650 • www.CabinJohnTennis.com

Wheaton Indoor Tennis **ParkPASS**

Wheaton Regional Park
11715 Orebaugh Avenue, Wheaton, MD 20902
301-905-3030 • www.WheatonTennis.com

TENNIS (Outdoor)

Outdoor courts are available to use free of charge on a first-come, first-served basis in 127 Montgomery Parks (unless they've been reserved through Park Permits). Lessons are held on selected courts in the spring, summer and fall.

Complete court list: www.MontgomeryParks.org
Outdoor tennis lesson info: www.ParkPASS.org
Reserve a court: www.ParkPermits.org

TRAILS

Visit www.MontgomeryTrails.org for maps and detailed information about the 200 miles of trails in the Parks.

TRAINS (Miniature)

Cabin John Miniature Train

Cabin John Regional Park
7410 Tuckerman Lane, Rockville, MD 20852
301-765-8670 • 301-650-2880 party rentals
www.CabinJohnTrain.com

Wheaton Miniature Train

Wheaton Regional Park
2000 Shorefield Road, Wheaton, MD 20902
301-942-6703 • 301-650-2880 party rentals
www.WheatonTrainandCarousel.com

CUPF Schedules All Athletic Fields

All scheduling for Montgomery Parks athletic fields is managed by the Office of Community Use of Public Facilities (CUPF).

To reserve a ballfield, visit www.MontgomeryCountyMD.gov/CUPF or call 240-777-0311.

What is ParkPASS?

ParkPASS is Montgomery Parks' online registration system for classes and programs.

When you see the words "**ParkPASS**" next to a facility name in this directory, it means there are people at that facility who can help you register for any Parks program using the ParkPASS online registration system.

You can also open a new ParkPASS account at these locations. Facility hours vary; please call before stopping by.

To open your free ParkPASS account online, visit www.ParkPASS.org



St. Patrick's Day



Native Plants



Wings of Fancy



Private Gardens

Green Matters Symposium - The New American Landscape

FRIDAY, FEBRUARY 22, 8:30AM-4:00PM

Green Matters: The New American Landscape, will focus on the next chapter of American horticulture and the emphasis on sustainability that will drive landscape design in the coming decades. Find detailed session descriptions, speaker bios and additional information at www.BrooksideGreen.org or call 301-962-1451.

Course # 212968; Fee: \$89; registration required at www.ParkPASS.org. Join us for Happy Hour immediately following the Symposium for just \$15; register with course # 224799.

Philadelphia Flower Show

MARCH 5 & 7

Prepare for a British invasion. Receive the royal treatment as you explore acres of great gardens and learn from the world's most celebrated growers and florists. Fee includes coach transportation and entrance fee. Your lunch/dinner may be purchased at the show.

Course # 213149 - Tuesday, March 5, 7:00am-7:00pm or
Course # 213151 - Thursday, March 7, 10:30am-10:30pm;
Fee: \$89; registration required at www.ParkPass.org

St. Patrick's Day Green and Growing Scavenger Hunt

FRIDAY, MARCH 15, 10:00AM-12:30PM

Have some St. Patrick's Day fun by following the giant green leprechaun footprints through the garden. He's left some clues to help you, but it's up to you to discover where he's going! Walks depart on the half-hour beginning at 10:00am. Last walk leaves at 12:30pm.

Course # 230899 - 10:00am

Course # 230900 - 10:30am

Course # 230901 - 11:00am

Course # 230902 - 11:30am

Course # 230903 - 12:00pm

Course # 230904 - 12:30pm

An adult must walk with each child and assist in the activities.

Pick a time and register. Ages: 2-6; Fee: \$5/child.

Register at www.ParkPASS.org

Earth Day Festival

SUNDAY, APRIL 21, 12:00-4:00PM

Celebrate the day by volunteering for a garden project, or taking a walking tour. There will also be earth-friendly activities, and our green craft fair for you to enjoy. Discover how small changes in your everyday habits can make a big impact on improving our environment.

Native Plant Preview Sale and Lecture

THURSDAY, MAY 2, 6:30-9:00PM

Enjoy first choice of a fabulous selection of hard-to-find native perennials, shrubs, trees and vines at this preview sale. A special lecture will enhance your knowledge of native plants, providing creative ideas for your own garden. Join us for a sumptuous reception after the lecture.

The sale opens to the public on Saturday, May 4.

Course # 231453; Fee: \$40; FOBG: \$30

Registration required at www.ParkPASS.org

Wings of Fancy Live Butterfly and Caterpillar Exhibit

SATURDAY, MAY 4 THROUGH SUNDAY, SEPTEMBER 22

10:00AM-4:00PM DAILY

Fees: \$6 adults; \$4 ages 3-12

Wings of Fancy Information line: 301-962-1453

Private Gardens of Montgomery County

SATURDAY, JUNE 1, 10:00AM-4:00PM

Join Brookside Gardens for our annual private garden tour for your *only* opportunity to visit several extraordinary private gardens in Montgomery County at the height of gardening season—guaranteed to provide inspiration to the most avid gardeners and designers as well as garden hobbyists! Course # 231499; Fee: \$20 for an All-Garden Pass (fee is \$5 per garden if paying at the door). Register at www.ParkPASS.org

Brookside
GARDENS





1800 Glenallan Avenue • Wheaton, MD 20902
301-962-1400 • www.BrooksideGardens.org



Adult Programs

Rain Garden Workshop

Transform your yard into a natural ecosystem to help soil capture and filter rainwater. Montgomery County Department of Environmental Protection Staff will share techniques on how to evaluate your yard and create a rain garden that uses native plants and enhanced soils to create a watershed-friendly garden full of beauty and life. Learn how to develop a planting plan or work with a design professional, and about the County's RainScapes Rewards rebate program. *FOBG \$10*

219249 18 & up 1 Class \$12 3/1 F 10:00am-1:00pm
219250 18 & up 1 Class \$12 3/2 Sa 10:00am-1:00pm

Garden Demonstrations

HOW WE DO IT: Visitors to Brookside are often interested in techniques employed by the gardening staff. The following on-site discussions demonstrate how. Learn techniques from the experts on spring care of roses, hatracking hollies, working the rain garden and the fragrant year. *FOBG \$5*

• Spring Care of Roses

Late winter is the time to tend to roses. As the first flush of growth appears, it's time to prune existing roses and plant new shrubs. These techniques will be demonstrated in the Rose Garden along with soil preparation, fertilization, disease prevention and maintenance tips.

231849 18 & up 1 Class \$6 3/6 W 1:00pm-2:30pm

• Hatracking Your Hollies

Ever wonder how all those holly trees survive the commercial decimation and sale of the branches each winter season, or what to do with that beautiful overgrown holly in your yard? Attend this pruning demonstration and see what hatracking is all about.

231850 18 & up 1 Class \$6 3/21 Th 1:00pm-2:30pm

• Working the Rain Garden

Discover how to build and care for a rain garden. We'll demonstrate how the rain garden at Brookside Gardens directs rainwater and prevents overflow into the Chesapeake Bay. Plants are carefully selected to tolerate wet conditions yet thrive during dry periods. Learn how we maintain our rain garden.

231851 18 & up 1 Class \$6 4/24 W 1:00pm-2:30pm



Expand Your Food Growing Year

Join Gordon Clark, Project Director of Montgomery Victory Gardens in this four-part series and learn to expand your ability to grow food from early spring through late fall. Register for all sessions or choose the one that most interests you. *FOBG \$15*

• Seed Starting: Indoors and in Cold Frames

Starting your own seeds is fun and saves money, too. Get an early jump on the growing season at a time when endless seed varieties are still available. Gordon Clark of Montgomery Victory Gardens will discuss soil mixes, lighting, when and how to plant, seedling care, hardening off and everything else needed to successfully start your own veggies!

231149 18 & up 1 Class \$18 3/12 Tu 6:30pm-8:00pm

• Essentials of Organic Food Gardening

Beginning and intermediate food gardeners will learn more about best organic methods to grow beautiful, delicious, healthy food. Learn about raised beds, compost and soil preparation, what plants to grow, site selection, seasonal planting, diseases and pests - even those darned stink bugs - from Gordon Clark of Montgomery Victory Gardens.

231150 18 & up 1 Class \$18 3/19 Tu 6:30pm-8:00pm

• Food Gardening in Containers

Want to grow your own food but lack space? If you have a porch, deck, roof, balcony, or even a window that gets 4-6 hours of direct sunlight a day, you can grow food in containers! Gordon Clark of Montgomery Victory Gardens will cover everything needed to grow food in small spaces: types and sizes of planters, location, soil mixes, planting tips, watering, fertilizing and plant care.

231151 18 & up 1 Class \$18 4/16 Tu 6:30pm-8:00pm

Captivating and Mysterious Orchids

Join Carol Allen, Horticulturist and Orchid Expert, as she helps to demystify the subject of growing orchids. Learn about growing orchids as houseplants during session one, and discover which orchids thrive outdoors as hardy terrestrial orchids are discussed in session two. Register for both sessions or choose the one that most interests you. Both classes meet in the Visitor Center Adult Classroom. *FOBG \$15*

• Growing Orchids in the Home

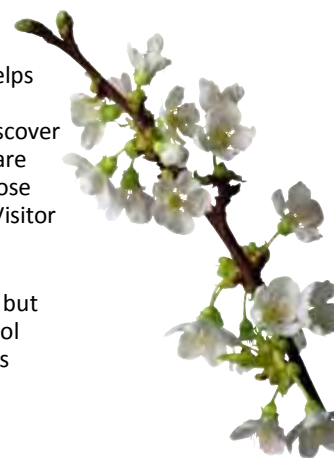
These days orchids are for sale just about everywhere, but how do you bring them into bloom year after year? Carol Allen demystifies orchid growing, discussing the various types, origins, and habitats.

231154 18 & up 1 Class \$18 3/13 W 10:00am-11:30am

• Hardy Terrestrial Orchids—Really?

Orchids in the garden, in hardiness zones 6 and 7? Explore the world of hardy species that can succeed in our area. Carol Allen will discuss native, Asian and hybrid orchids, their various origins and habitats. Find out the legal commercial availability, where to buy and how to care for them.

231156 18 & up 1 Class \$18 5/1 W 10:00am-11:30am





Cooking in the GARDENS

Easter and Passover Cooking

Put your early spring garden vegetables to work! Join garden and cooking writer Adrienne Cook and caterer Danielle Navidi and get ready to taste four new recipes that celebrate both important holidays. **FOBG \$28**
231949 18 & up 1 Class \$32 3/20 W 12:00pm- 1:30pm

Garden Party Cooking

What better way to enjoy outdoors than to dine al fresco? The Cook Sisters will demonstrate recipes drawn from the garden to the garden party table. **FOBG \$28**
231950 18 & up 1 Class \$32 4/17 W 12:00pm- 1:30pm

Herbs of Summer

Fresh herbs are a key ingredient in waking up and jazzing up almost any dish. This session will show you how to incorporate the summer flavors—basil, parsley, oregano, tarragon, thyme, mint—in a variety of ways. **FOBG \$28**
231951 18 & up 1 Class \$32 5/15 W 12:00pm- 1:30pm



Capital Splendor Gardens

Author Barbara Glickman and photographer Valerie Brown will highlight outstanding local public gardens and provide historical information on the owners and landscape architects who created Mount Vernon, River Farm, Meridian Hill Park, Tudor Place, Hillwood Estate, Dumbarton Oaks, Tregaron Estate, LaDew Topiary Garden, and the U.S. Botanic Garden. Additionally, Phil Normandy, Brookside Gardens staff, will discuss a new entrance design plus future garden plans. A book signing will follow the program.
231502 18 & up 1 Class Free 4/12 F 10:00am-11:30am

Make & Take Rain Barrels

Gather water from your rooftops, help control stormwater impacts from your yard, and store water to use in your landscape. Learn about watershed health in the County, and how you can help, starting at your own home. Rain barrel with fittings and easy instructions provided. Limit one 55-gallon rain barrel per household. Remember to bring a vehicle large enough to carry a 55-gallon barrel home! **FOBG \$10**
219299 18 & up 1 Class \$12 4/12 F 10:00am- 1:00pm
219300 18 & up 1 Class \$12 4/13 Sa 10:00am- 1:00pm

Network for Life: Stitching Together the Natural World

Doug Tallamy, Author of Bringing Nature Home
Biodiversity is essential to sustaining human societies because it is other living things that run our ecosystems. Yet throughout the U.S. we have fragmented the habitats that support biodiversity by the way we have landscaped our cities, suburbs, and farmlands. Learn how we can reconnect viable habitats by expanding existing greenways, building riparian corridors, and by changing the landscaping paradigm and replacing barren lawns with plants that are best at supporting food webs, we can help sustain biodiversity in the future.
229309 18 & up 1 Class Free 4/26 F 10:00am-11:30am

Plant Walks: Aquatic Garden Plants

Take a walk with Diane Lewis, Brookside Gardens staff, and discover some of the interesting plants that thrive near ponds, streams and wetlands. **FOBG \$5**
231800 18 & up 1 Class \$6 5/7 Tu 1:00pm- 2:30pm

Mother's Day Modern Floral Fusion

What do you get when you blend the Mother's Day tradition of giving flowers with modern design techniques? A design as beautiful as Mom (or other special women in your life – even YOU!) **FOBG \$44**
232050 18 & up 1 Class \$49 5/8 W 6:30pm- 8:30pm

Plant a Garden Trough

Bring your newly made trough (or older one you'd like to replant) and your garden gloves to this trough-planting workshop. *Fee covers a dwarf shrub, four small plants and soil. You'll need to bring your own trough.* **FOBG \$50**
231202 18 & up 1 Class \$55 5/9 Th 1:30pm- 3:00pm

Cut Orchids on the Rocks

While once rare, long-lasting orchids are now plentiful. Here is your opportunity to learn about the techniques to make cut orchids last, and complete a cut orchid design in a specialty glass to take home. **FOBG \$49**
231954 18 & up 1 Class \$54 3/13 W 6:30pm- 8:30pm

New Ways with Market Bouquets

We all like to pick up fresh flowers at the grocery store, but few of us know what to do with them when we get home. Learn how to transform simple bouquets into exceptional arrangements. Former students are encouraged to work with a new "bunch" of fresh flowers! **FOBG: \$44**
231999 18 & up 1 Class \$49 3/27 W 6:30pm- 8:30pm

Make a Papercrete Trough

Create a lightweight 12" trough for your garden out of cement, paper and perlite. Take it home with you the same day you create it, and then register for "Plant a Garden Trough" (course #231202) to plant it with a dwarf shrub, four small plants and soil. **FOBG \$50.**
231201 18 & up 1 Class \$55 4/4 Th 1:30pm- 4:00pm

Green Roofs for Feathered Friends

These fairytale birdhouses will keep the residents cool all summer and make them the envy of their eco-conscious friends. Using chicken wire and moss, you'll create a green roof with mixed succulents that will drip over the eaves as they grow. **FOBG \$54**
231203 18 & up 1 Class \$59 4/18 Th 1:00pm- 3:00pm



Hanging Basket Workshop

Create your very own display of flowers and foliage in a hanging basket. Beautiful new plant colors will add an element of surprise to this annual favorite. Learn how to line a 14-inch wire basket with sphagnum moss, and get planting tips for best results. **FOBG: \$49**

231157	18 & up	1 Class	\$54	5/10 F	10:00am-11:30am
232699	18 & up	1 Class	\$54	5/10 F	1:30pm- 3:00pm

Plant Walks: Shade Garden Plants

Learn what plants thrive in the shade. The Azalea Garden displays a host of shade-tolerant species to add to the shady spots in your garden. Under the tall canopy, smaller flowering understory trees thrive; below these grow azaleas, naturally, along with many other shrubs, both evergreen and deciduous; then perennials, wildflowers, bulbs. We will add to your shade plant repertoire, as you enjoy this walk on the shady side with Stacy Parsons, Brookside Gardens staff. **FOBG \$5**

231799	18 & up	1 Class	\$6	5/14 Tu	1:00pm- 2:30pm
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Selecting Native Trees and Shrubs

Many gardeners are striving to landscape with native plants and there are many under-utilized native species to be considered. Some are easy to grow, some require specific cultural conditions. This comprehensive slide presentation taught by Diane Lewis, Brookside Gardens staff, covers the very broad range of native species that grow in our area. **FOBG \$44**

232199	18 & up	3 Classes	\$49	5/15 W	6:30pm- 8:30pm
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Butterfly Container Workshop

Native butterflies need more than just nectar from flowers to establish healthy populations in our gardens. Come learn how to create a beautiful, functional container that will attract native butterflies to your garden home, and support the butterfly throughout its entire life cycle. Fee includes a 14-inch container, butterfly plants, and instruction about butterfly gardening. **FOBG: \$40**

232149	18 & up	1 Class	\$44	5/16 Th	10:00am-11:30am
232150	18 & up	1 Class	\$44	5/16 Th	1:30pm- 3:00pm

My Weedless Garden

Say goodbye to backaches and weed problems. Author Lee Reich will discuss *Weedless Gardening*, an easy-to-follow, low-impact approach to planting and maintaining flower gardens, vegetable gardens, trees, and shrubs naturally. Nurturing the ground from top down, avoiding soil compaction, maintaining a soil cover and pinpointing watering emulates rather than fights Mother Nature, keeping plants healthier and minimizing weed problems.

229310	18 & up	1 Class	Free	5/16 Th	6:30pm- 8:00pm
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Focus on Butterflies!

Bring your tripod and enjoy two hours of photography in our "Wings of Fancy" Live Butterfly and Caterpillar Exhibit before it opens to the public. **FOBG: \$27**

229299	18 & up	1 Class	\$30	5/19 Su	8:00am-10:00am
229300	18 & up	1 Class	\$30	6/1 Sa	8:00am-10:00am

Container Gardening with Succulents

Enjoy planting your very own desert-like garden in a shallow dish. Instructor Joan O'Rourke has selected a new batch of interesting succulents for this colorful and resilient container garden. **FOBG: \$44**

231158	18 & up	1 Class	\$49	5/28 Tu	10:00am-11:30am
231159	18 & up	1 Class	\$49	5/29 W	10:00am-11:30am

Conservation Landscaping Techniques

Montgomery County Department of Environmental Protection staff will discuss how conservation-based landscaping techniques can beautify your yard and neighborhood, restore native habitats, help improve the environment, and save you time and money. We'll go over turf removal techniques, help you develop a site design tailored to your yard, and provide information on the County's rebate program. **FOBG \$10**

219301	18 & up	1 Class	\$12	5/31 F	10:00am- 1:00pm
219302	18 & up	1 Class	\$12	6/1 Sa	10:00am- 1:00pm

Children's Programs

Flower Buds

Gardening activities, stories, crafts, and garden walks for children ages 3-5, accompanied by a parent.

230849	3-5yrs	1 Class	\$5	3/11 M	10:30am-12:00pm
230850	3-5yrs	1 Class	\$5	4/15 M	10:30am-12:00pm
230851	3-5yrs	1 Class	\$5	5/13 M	10:30am-12:00pm

St. Patrick's Day Green and Growing Scavenger Hunt

Follow the giant green leprechaun footsteps through the Garden for some St. Patrick's Day fun! He's left some clues and along the way, leprechaun helpers will charm you into doing some fun, healthy activities, too! An adult must walk with each child and help in the activities.

230899	2-6yrs	1 Class	\$5	3/15 F	10:00am-10:30am
230900	2-6yrs	1 Class	\$5	3/15 F	10:30am-11:00am
230901	2-6yrs	1 Class	\$5	3/15 F	11:00am-11:30am
230902	2-6yrs	1 Class	\$5	3/15 F	11:30am-12:00pm
230903	2-6yrs	1 Class	\$5	3/15 F	12:00pm-12:30pm
230904	2-6yrs	1 Class	\$5	3/15 F	12:30pm- 1:00pm

Mosaic Garden Stepping Stones

Help pave the way in our new Children's Garden opening in late spring. Have fun arranging colorful rocks and stained glass in mosaic patterns and mixing cement to make two colorful garden stepping stones. Take one home to enhance your garden and contribute one to the colorful path in the new Children's Garden. Come back after the Garden opens to see if you can find the stepping stone you made.

230950	6-14yrs	1 Class	\$15	3/25 M	1:00pm- 2:30pm
231303	6-14yrs	1 Class	\$15	3/26 Tu	1:00pm- 2:30pm
231304	6-14yrs	1 Class	\$15	3/27 W	1:00pm- 2:30pm
231305	6-14yrs	1 Class	\$15	3/28 Th	1:00pm- 2:30pm
231306	6-14yrs	1 Class	\$15	3/29 F	1:00pm- 2:30pm
231302	6-14yrs	1 Class	\$15	4/21 Su	11:00am-12:30pm

Saturday Morning Storytime

Participate and listen to nature and seasonal stories that will encourage a child's imagination and creativity. Enjoy a different story each Saturday morning followed by a hands-on craft activity. No registration required, just show up!

3-6yrs	10 Classes	Free
3/2 Sa	10:00am-10:30am	



Kids Workshop: Dig-in, Dig-out! It's Spring!

It's spring! Get outdoors and visit our "Dig In-Dig out!" table to discover interesting plants and plant facts, and plant a seed to transplant and grow in your summer vegetable garden. Free; no registration required.

All Ages	5 Classes	Free
3/25 M-F	10:00am- 2:00pm	



Spend Spring Break With Us!

Look for our special spring break programs (March 25-April 2) indicated in "robin's egg" blue.

Get a Room with a View.



NEW Hike-In Camping Area

In the new Hike-In Camping Area, campers will park in any of the ten parking areas in Little Bennett Regional Park, then hike into the camping area. This will reduce the amount of vehicular traffic in the park and on trails, and make the campsites and trails cleaner and safer. It's a "greener" way to camp!

The former Group Camping Area has been relocated to 23705 Frederick Road, across from Loop A, with a new parking area for 25+ cars.

For more information about Hike-In Camping and Group Camping, please visit our website or call us at 301-528-3430.

Get some well-earned R&R and come camping this spring at Little Bennett Campground. Once you enter this lovely 3,700-acre park, it's easy to forget your troubles and truly relax. Little Bennett Campground offers...

- **91 wooded campsites** (66 tent sites and 25 electric sites)
- **20 miles of trails** to bike, hike, walk or ride horses
- **Activities** for campers every weekend in season, including family films under the stars, guided hikes, and more.
- **Camper-Ready Camping** for folks who'd like to try camping before spending a lot of money for equipment. For an additional fee, we'll set up your campsite with a four-person tent, two camp chairs, propane stove, and lantern.

Reserve a Campsite Today! Call 301-528-3430

Friday, March 1 Weekend camping begins (Fri.-Sun. limited facilities)

Friday, March 29 Full-time camping begins (open 7 days a week)



23705 Frederick Rd., Clarksburg, MD 20871 | Call **301-528-3430** | www.LittleBennettCampground.com



Nature Programs

in Black Hill Regional Park

Black Hill Visitor Center

20926 Lake Ridge Dr. • Boyds, MD 20841 • 301-528-3492 • www.BlackHillNature.org
Please check our website for Visitor Center hours. Trails open daily, dawn to dusk.

Toddlers & Preschool Ages 0 – 6

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Possum and the Peeper

Peep! Peep! Peep! Possum wonders who's making the awful racket that's waking him up! Hear a story and take a hike to see who else wakes up in the spring. *FOBH \$4*
230150 3-6yrs 1 Class \$5 3/20 W 10:00am-11:00am

Time For Tots

Enjoy a seasonal story, then go outside to explore nature with a Park Naturalist.

• Slimy Frog Eggs

It's spring, and frogs and salamanders are busy laying jelly-like, slimy eggs! Join us for a story and see some real jelly eggs. *Please call 301-528-3492 to let us know if your child has any food allergies. FOBH \$4*
230199 18M - 36M 1 Class \$5 3/22 F 10:00am-10:45am

• Egg-citing Eggs

Birds aren't the only ones that lay eggs. Read a story, go on a hike and learn all about different animals that hatch from eggs. *FOBH \$4*
230200 18M - 36M 1 Class \$5 4/11 Th 10:00am-10:45am

• Are You My Mommy?

Spring is the time for baby animals to be born. Read a story about animals and their babies, then hike and look for baby animals. *FOBH \$4*
230201 18M - 36M 1 Class \$5 5/8 W 10:00am-10:45am

Children Ages 6 – 12

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Vernal Pool Trek

Many amphibians rely on these shallow, ephemeral woodland pools that fill over the winter to lay their eggs. Take a short walk to see who's already visited. *FOBH \$5*

• Black Hill Regional Park

Today we'll check out some pools in Black Hill Regional Park. Meet at the Black Hill Contact Station.
230299 6-12yrs 1 Class \$6 3/25 M 2:00pm-3:30pm

• Little Bennett Regional Park

Today we'll check out some pools in Little Bennett Regional Park. Meet at the Hyattstown Mill parking area on Rt. 355/Frederick Road.
230301 6-12yrs 1 Class \$6 3/29 F 2:00pm-3:30pm

Mixed Ages Ages 1 – 17

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Amazing Amphibians

Some are slimy, some are bumpy, some live in ponds and some live most of their life underground. But they all have one thing in common. What, you don't know? Come join us to find out what makes an animal an amphibian, then take a hike to see if any are out and about. *FOBH \$5*

230699 2-12yrs 1 Class \$6 3/16 Sa 10:00am-11:30am
230249 2-12yrs 1 Class \$6 3/23 Sa 10:00am-11:30am
230304 3-6yrs 1 Class \$6 4/12 F 10:00am-11:00am

Wind's Wonders

Wind is air that's on the move. But where in the world is it going and what makes the wind blow? Join us to find out and have some fun playing with the wind, too. *FOBH \$5*

230308 2-12yrs 1 Class \$6 4/20 Sa 1:30pm-2:30pm

Stream Adventures

What lives in a stream? We'll wade into the water and use nets to see what insects, fish, frogs and other animals we can find. Please wear boots or closed-toe shoes that can get wet (no flip-flops). *FOBH \$5*

230349 2-12yrs 1 Class \$6 5/18 Sa 10:30am-12:00pm

Programs for All

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Beautiful Bluebirds

Learn where these special native birds live, how they nest, and how to attract them to your yard and help them survive. Get instructions on how to build and monitor your own bluebird nest box. Homeowners and bluebird fans welcome! *FOBH: \$1.*

231349 10 & up 1 Class \$2 3/2 Sa 11:30am-12:00pm

How Does Your Garden Grow?

Whether novice or expert, all are welcome for a day of garden talk and practice. Naturalists, gardening pros, Master Gardeners and vendors will share their advice and expertise. Bring your questions or tips to share with other plant lovers. We'll have activities for the whole family.

231153 All Ages 1 Class Free 3/3 Su 12:00pm-4:00pm



Spend Spring Break With Us!

Look for our special spring break programs (March 25-April 2) indicated in "robin's egg" blue.

Volunteer to be a Black Hill Outdoor Classroom Steward

If you like to play outside and teach others about the local environment, then you'll love volunteering at the Black Hill outdoor classroom spaces. We're looking for friendly, outgoing people to help kids and families use our gardens and nature exploration areas. Must be 16 or older; SSL-approved. Please visit www.ParksVolunteers.org and look under "Naturalist Aide" for more information.





Calling Coyotes

Find out the howl and why about coyotes living in Montgomery County. Meet at the Visitor Center for an interactive talk on the biology, history, and management of these elusive canines. Touch furs and bones to get acquainted with one of our wildest neighbors! **FOBH \$4**

231450 5 & up 1 Class \$5 3/10 Su 1:00pm- 2:00pm
231451 5 & up 1 Class \$5 5/11 Sa 1:00pm- 2:00pm

Turtle Trail

Join a Naturalist on the trail of newly emerged turtles. We'll hike near the head of the Cabin Branch finger of Little Seneca Lake to find turtles basking on logs in the sun. Children must be accompanied by an adult. Meet at the Visitor Center. **FOBH \$4.**

230700 5 & up 1 Class \$5 3/16 Sa 1:00pm- 2:00pm
230701 5 & up 1 Class \$5 3/28 Th 11:30am-12:30pm

A History of Black Hill's Bald Eagles

Black Hill Regional Park is honored to be a home to our national bird, the bald eagle. Learn the local history behind our resident eagles, visit a few of their favorite perches and try to catch a glimpse of one of these magnificent birds. **FOBH \$6**

230305 6 & up 1 Class \$7 3/17 Su 3:00pm- 4:30pm
230306 6 & up 1 Class \$7 4/20 Sa 10:00am-11:30am
230307 6 & up 1 Class \$7 5/4 Sa 11:00am-12:30pm

Make It and Take It

Drop by the Visitor Center and have some fun! We'll have easy-to-make seasonal crafts that you can make and take home. No registration required; drop in any time during program hours! Fee is per craft; exact change is appreciated.

• Feelin' Froggy

230250 All Ages 1 Class \$2 3/23 Sa 1:30pm- 3:30pm

• Trash to Treasure

230251 All Ages 1 Class \$2 4/21 Su 2:00pm- 4:00pm

Mole Salamander Search

Join salamander enthusiast and guest herpetologist Elmore Brown to observe huge spotted and marble salamanders! Meet at the Hawk's Reach Nature Center for a brief orientation before heading into the field. We'll travel by van to their secret habitats. Wear waterproof boots or shoes you don't mind messing up! Please register and pay for all participants. **FOBH \$12**

231352 6 & up 1 Class \$14 3/24 Su 12:00pm- 3:30pm

School's Out Hike

School's out! Pack a lunch and enjoy the spring weather on a mile hike in Little Bennett Park. We will look for amphibians and spring flowers. Meet at the Froggy Hollow parking area. Children must be accompanied by an adult; reservations required. **FOBH \$10**

231350 6 & up 1 Class \$12 3/26 Tu 11:00am- 2:00pm

Salamanders Went Out on a Rainy Night!

Once a year, on warm, rainy nights, elusive spotted salamanders migrate to breeding pools to mate and lay eggs. **Sign up now to join us on that unknown March date, and we'll call you the day of the hike.** Meet at Rachel Carson Conservation Park, 22201 Zion Road, Brookeville MD. Registration required for all. Please wear shoes or boots that can get muddy, dress for the weather, and bring a flashlight. Children should be comfortable walking in the woods at night. The hike is about 1 mile roundtrip.

230149 All Ages 1 Class Free 3/? Su 7:30pm- 9:00pm

Hummingbirds: Flying Jewels

Come to learn about these amazing "flying jewels" in our gardens. We'll discover their favorite flowers and observe their behavior; then each family will make a hummingbird feeder to take home. Register and pay for one person in each family. **FOBH \$5**

231399 3 & up 1 Class \$6 4/6 Sa 11:00am-12:00pm
231400 3 & up 1 Class \$6 5/4 Sa 2:00pm- 3:00pm

Black Hill Garlic Mustard Challenge

Ever wanted to combat alien life forms? Here's your chance! Garlic mustard is an invasive plant that is harming our local ecosystems. You can help by coming to our Garlic Mustard challenge! Form a team and meet at the Visitor Center at 10am. We'll provide bags and gloves, and educate you on what it looks like. After pulling there will be a weigh-in to determine the winning team. Prizes, demonstrations, and other activities will take place throughout the day. *Student Service Learning hours are available. Call (301) 528-3463 for more information.*

231599 All Ages 1 Class Free 4/13 Sa 10:00am- 1:00pm

Astronomy Day

**Saturday, April 20
3:00pm – 10:00 pm**

Today we celebrate the 40th anniversary of Astronomy Day. Join amateur astronomers from around the county who will share their expertise on topics from sun spots to star-gazing. Visit www.BlackHillNature.org to see a detailed schedule of activities. No registration required; drop in any time during program hours for this FREE program.



Family Trek

Looking for fun places to explore with your family? These are the hikes for you! Please register all participants; younger siblings are welcome! Children should be comfortable walking 1-3 miles, or be in a carrier.

• Rachel Carson Conservation Park

We'll hike in Rachel Carson Conservation Park. Meet at the parking area at 22201 Zion Road, Brookeville MD, just south of Sundown Road.

230253 3 & up 1 Class Free 3/24 Su 9:00am-11:00am

What's in a Name Wildflower Walk

Have you ever wondered what Squirrel Corn or a Jack-in-the Pulpit is? They are beautiful wildflowers that mark the beginning of spring. Take a walk with a Naturalist along the Monocacy River to learn why some wildflowers have such unusual names. Behind these names are a fascinating legacy of folklore and medicinal uses. Meet at the Monocacy Aqueduct parking area by (take Route 28 to Mouth of Monocacy Road). **FOBH \$4**

231452 8 & up 1 Class \$5 4/14 Su 1:00pm- 2:00pm

Beginning Recreational Kayaking

Kayaking is even more fun than it looks! Come learn how to paddle on flat water in recreational solo kayaks on Little Seneca Lake. Learn basic strokes, entries and exits, boat control and more. We won't roll, but you'll get wet, so dress accordingly. You must be able to swim. All necessary equipment provided. Please wear water-friendly clothing and hat, strap-on water sandals or shoes (no slip-on sandals, please) and bring water and sunscreen. **FOBH \$14**

231353 12 & up 1 Class \$16 5/5 Su 1:30pm- 3:30pm

231354 12 & up 1 Class \$16 5/15 W 6:30pm- 8:30pm

231355 12 & up 1 Class \$16 5/30 Th 6:30pm- 8:30pm

Mother's Day Stroll

Take a gentle, 45-minute walk with a Naturalist on Crystal Rock Trail to enjoy the wonders of spring along Little Seneca Lake. What a great way to spend time with Mom in the great outdoors. Strollers welcome. Meet at the parking area across from the Park Office next to the maintenance yard. This is just past the contact station on the left-hand side of Lake Ridge Road in Black Hill Regional Park. **FOBH \$4**

231649 All Ages 1 Class \$5 5/12 Su 1:00pm- 2:00pm

Storytime on the Lake

Join us aboard our pontoon boat to hear a story and scout out the wonders of Little Seneca Lake! Designed for children ages 3-6 accompanied by an adult (no younger siblings, please). Please register and pay for every participant. We'll provide the required personal flotation devices for all children to wear. Meet at the boat dock below the Visitor Center. **FOBH \$4**

• Waterbirds

Join us as we look for herons, ducks and geese.

231401 3 & up 1 Class \$5 4/25 Th 10:30am-11:15am

• Beavers

We'll search the lake shore for beaver lodges, and learn what beaver families like to do and eat.

231402 3 & up 1 Class \$5 5/3 F 10:30am-11:30am

• Turtles

See a variety of turtles that live in Little Seneca Lake and learn what they like to do and eat.

231403 3 & up 1 Class \$5 5/24 F 10:30am-11:30am

• Dragonflies

Listen to a story and watch for the dragonflies flying over the lake.

231404 3 & up 1 Class \$5 5/28 Tu 10:30am-11:30am

Visitor Center Garden Planting Days

Join our Volunteers and Friends of Black Hill Nature Programs in planting nectar-rich flowers in our display hummingbird and butterfly gardens. Tools and gloves provided. All helpers may take home some plants for their own yard or container gardens. **Free, no registration required.**

231361 5 & up 1 Class Free 5/7 Tu 9:00am-12:00pm

231362 5 & up 1 Class Free 5/14 Tu 9:00am-12:00pm

Wild Encounters

Enter the wild and wonderful world of amphibians and reptiles with guest herpetologist Elmore Brown. Elmore will share his exotic collection of live frogs, toads, lizards and snakes from all over the globe. Don't miss this fascinating experience! **FOBH \$5.**

231356 1 & up 1 Class \$6 5/25 Sa 1:00pm- 2:00pm



Nature Programs
in Black Hill Regional Park

Birthday Parties at

at Black Hill!
Call 301-528-3492 for more information.



Night Programs

Whooo Cooks for You Campfire and Night Hike

Meet at the Kingsley parking area in Little Bennett Regional Park to discover what says "Who cooks for you?" in the night. Whoo will it be? We will hike along Little Bennett Creek to the Kingsley School House where a roaring campfire and a special guest await us. Experience first-hand the amazing adaptations needed to be considered a silent hunter. Hike is approximately 1.5 miles long and will take place with minimal lighting over some rocky terrain. **FOBH \$7**

231449 3 & up 1 Class \$8 3/8 F 7:00pm- 8:30pm

Woodcock Watching Hike

Moonshine will illuminate the "sky dance" spring courtship ritual of these unusual-looking, seldom-seen birds. To enjoy the display, bring binoculars and a lightweight folding chair, and dress for the weather. We'll introduce you to the woodcock's life story, and lead you on a short walk to a natural arena. Meet at the Kingsley Schoolhouse Trail parking area off Clarksburg Road in Little Bennett Regional Park. **FOBH \$5**

230303 18 & up 1 Class \$6 3/23 Sa 6:45pm- 8:15pm

230302 8 & up 1 Class \$6 3/27 W 7:15pm- 8: 45pm

Night Hike: Up-County

Take a hike by the light of the full moon. We'll look and listen for creatures that are most active at night. Hikes are approximately one mile. *Please print your ParkPASS confirmation receipt for meeting location.* **FOBH \$4**

• Little Bennett Regional Park

Tonight we'll explore Little Bennett Regional Park. Meet at Hyattstown Mill parking area on Rt. 355/Frederick Rd. *Reservations required for all.*

230311 8 & up 1 Class \$5 4/24 W 7:45pm- 8:45pm

Bats & Beavers Pontoon Boat Cruise

Use our binoculars to find beaver lodges and feeding sites, and (hopefully) beavers! Insectivorous bats will be out, and our ultrasonic transducer bat detector will tell us where they're feeding and flying. Please register and pay for all participants. **FOBH \$5**

230702 6 & up 1 Class \$6 4/25 Th 6:30pm- 8:00pm

230703 6 & up 1 Class \$6 5/9 Th 6:30pm- 8:00pm

230704 6 & up 1 Class \$6 5/21 Tu 7:00pm- 8:30pm



Native PLANT SALE

Friday, April 26 9-3-7pm

Saturday, April 27 9-10am-3pm

Sunday, April 28 9-1-3pm

Shop for nursery-propagated native wildflowers for your yard and garden, many of which are nectar and host plants for butterflies. The sale is offered by the Friends of Black Hill Nature Programs, and all proceeds will be donated to Black Hill Nature programs. Look for it across from the Black Hill park office, behind the old maintenance yard. Contact Lynette Lenz at 301-528-3484 for information on species and possible pre-orders. *No admission or registration required.*

Adults

Ages 18 & up

Registration is required.

Ladies Trek

Want to hike but don't quite know where to go? Meet other women and hike park trails with a Park Naturalist. Hike lengths vary with the pace of each group. Please wear hiking boots or other sturdy shoes. *FOBH \$7*

• Muddy Branch Greenway Trail

Today we'll explore a portion of one of the newest trails in the Montgomery County Parks system, the Muddy Branch Greenway Trail. Parts of this trail are still under construction, so we may encounter stream crossings and other unexpected adventures. Meet at the Potomac Horse Center, 14211 Quince Orchard Road in North Potomac, MD 20878.

230309 18 & up 1 Class \$8 4/21 Su 9:00am-11:30am

Ladies Paddle

If you enjoy kayaking, come meet other like-minded outdoorswomen and paddle together! Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs. *FOBH \$12*

• Evening on Little Seneca Lake

Today take an after-work paddle on Little Seneca Lake. If you don't know how to kayak, why not take one of our Basic Recreational Kayaking classes? Meet at the Black Hill boat dock below the Visitor Center.

230351 18 & up 1 Class \$14 5/24 F 6:30pm-8:30pm

Lake Tour by Kayak

Come for an early morning paddle or wind down after work and enjoy a peaceful kayak tour



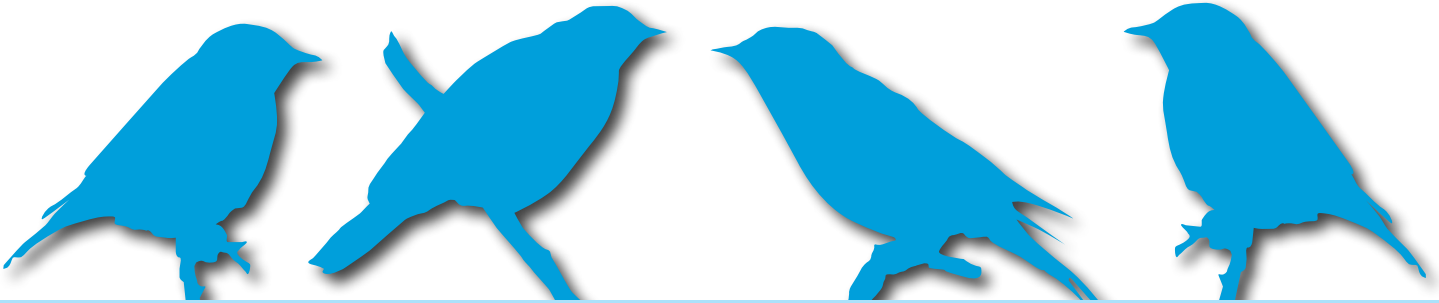
on Little Seneca Lake with a Park Naturalist. Basic paddling experience necessary (this is not a lesson). We'll supply boats, paddles, and PFDs. Meet at the kayak shed in front of the gazebo by the boat docks, below the Visitor Center. *FOBH \$12*

230313 18 & up 1 Class \$14 5/18 Sa 7:00am-9:00am

230314 18 & up 1 Class \$14 5/31 F 7:00am-9:00am

BLACK HILL VISITOR CENTER

Bluebirds Forever Festival



FREE

Sunday, May 19, 1-4 PM

All ages are welcome!

Celebrate the Eastern Bluebird and enjoy Bluebird Trail hikes, storytime, games, music, crafts and presentations by Bluebird experts.

Visit www.BlackHillNature.org for more information.



20926 Lake Ridge Dr., Boyds, MD 20841, 301-528-3492





Nature Center
in Wheaton Regional Park

Brookside Nature Center

1400 Glenallan Avenue • Wheaton, MD 20902 • 301-962-1480 • www.BrooksideNature.org
Open Tuesday–Friday, 9am–5pm; Saturday & Sunday 1–5pm. Trails open daily, dawn to dusk.

Toddlers & Preschool Ages 0 – 6

Registration is required unless otherwise noted.
All children must be accompanied by an adult.

Spring Animal Storytimes

Listen to a story about a different animal each week: frogs, turtles, or furry friends. Find out what they do in the spring.

227899	3-6yrs	1 Class	Free	3/3	Su	3:00pm- 3:30pm
227900	3-6yrs	1 Class	Free	3/10	Su	3:00pm- 3:30pm
229452	3-6yrs	1 Class	Free	3/17	Su	3:00pm- 3:30pm
227904	3-6yrs	1 Class	Free	3/24	Su	3:00pm- 3:30pm

Brookside Tot Times

Explore nature with your youngest naturalist! Learn, create, hike and discover our wonder-filled world during these highly interactive sessions.

• Windy!

Gentle as a caress or as powerful as a cyclone, wind is the force that propels our weather systems. We'll explore its huffs and puffs in this blustery class.

227300 3-6yrs 1 Class \$5 3/6 W 11:30am-12:15pm

• Beneath Your Feet!

The ground gets no respect! We trod all over it, sit on it, even jump on it, everything but look at it. That will change in this class as we reverently explore soil and its hidden inhabitants.

227301 3-6yrs 1 Class \$5 4/3 W 11:30am-12:15pm

• Sticks and Stones

Build a wall, frame a house, make a splash or scare a mouse! Think of all the things we can do with sticks and stones! Chances are we'll complete at least two of them in this very constructive and instructive class.

227302 3-6yrs 1 Class \$6 5/22 W 11:30am-12:15pm

Spring Hoppers

From frogs to birds, look for animals that hop and find out about their homes, what they eat and what their babies look like.

228199 3-6yrs 1 Class \$5 3/7 Th 2:00pm- 3:00pm

Frog Friends at Maydale

Explore spring along the shores of Maydale Park's ponds. Look for frogs, fish, and signs of other water critters like birds and beavers.

228200 3-6yrs 1 Class \$5 3/12 Tu 2:00pm- 3:00pm

Star Mobiles

Learn a little about the stars and search for star shapes in nature. Then make a star mobile to take home and hang from your ceiling.

228201 3-6yrs 1 Class \$6 3/14 Th 2:00pm- 3:00pm

April Fool's Hike

It's a few days late, but that just adds to the surprising twist of this program. This will not be your ordinary hike through the woods; things could get a little tricky! Keep your eyes open for startling elements that just don't belong in the park.

227552 3-6yrs 1 Class \$5 4/4 Th 2:00pm- 3:00pm

Spring Flowers and Trees Storytimes

Find out how things grow in the spring. Each week we'll listen to a story about a different plant or flower. If the weather is nice we'll take a short walk.

227901 3-6yrs 1 Class Free 4/7 Su 3:00pm- 3:30pm

229455 3-6yrs 1 Class Free 4/14 Su 3:00pm- 3:30pm

227902 3-6yrs 1 Class Free 4/21 Su 3:00pm- 3:30pm

Fairy Garden Planting Party

Make life nice for the fairies by helping to plant a lovely garden for them to play in. We'll plant native seedlings and learn a little about wild flowers.

228206 3-6yrs 1 Class \$5 4/12 F 2:00pm- 3:00pm

Beautiful Birds

Birds come in all sizes, shapes and colors, and sing many different lovely songs. Learn about the beautiful birds of Brookside Nature Center, where they nest, and what they like to eat.

228204 3-6yrs 1 Class \$5 4/19 F 2:00pm- 3:00pm

Nature Tea in the NEA

Join us for a tea party in the Nature Exploration Area. We'll provide the Nature Tea, you bring your favorite snack. Then make a pretty craft to leave in the Nature Exploration Area for other young visitors to enjoy.

228351 3-6yrs 1 Class \$6 5/1 W 2:00pm- 3:00pm

Spring Birds and Insects Storytimes

Each week we'll hear a different story about birds or insects. Find out what they look like and what they do in the spring. If the weather is nice we'll take a short walk.

229454 3-6yrs 1 Class Free 5/5 Su 3:00pm- 3:30pm

229453 3-6yrs 1 Class Free 5/12 Su 3:00pm- 3:30pm

227903 3-6yrs 1 Class Free 5/19 Su 3:00pm- 3:30pm



Celebrate Trees!

Celebrate trees by taking a walk in the beautiful spring forest. Learn how to identify three different kinds of trees, and find out about the animals that make trees their home.

228349 3-6yrs
1 Class \$5 4/30 Tu
2:00pm- 3:00pm



Nature All Day, Every Day!

Visit the Nature Exploration Area at Brookside Nature Center and have fun while you get to know nature! Climb through the tree tunnel, sit in a giant bird's nest, hop on the stepping stumps, and enjoy the tea party table. Open from dawn to dusk, seven days a week.



Spend Spring Break With Us!

Look for our special spring break programs (March 25-April 2) indicated in "robin's egg" blue.

We Love Our Volunteers!

Have fun, contribute to your community, and learn about nature while volunteering at Brookside Nature Center! We need good folks like you to fill important volunteer positions for:

- Volunteer Naturalists
- Naturalist Aides
- Nature Center Hosts
- Native Plant Gardeners
- Invasive Plant Removal
- Groundskeepers
- Camp Counselors
- Community Service and Eagle Scout Projects

For more info and training dates, please call 301-962-1483 or email Jenny.Aley@MontgomeryParks.org

Growing Spring Flowers

Decorate a plant pot with a spring theme. We'll take a short walk to look for spring flowers while we wait for your creation to dry. Then transplant a native flower seedling and learn how to take good care of it.

228352 3-6yrs 1 Class \$6 5/9 Th 2:00pm-3:00pm

Bear Cub Tea

You and your favorite stuffed animal are cordially invited to tea outdoors, toddler-style (teddy graham "crumpets" and apple juice "tea"). After tea, we'll hike along the trail to take in some breathtaking views especially suited for small friends. Registration closes Tuesday, April 30, 2013.

227555 2-5yrs 1 Class \$7 5/10 F 11:00am-12:00pm

Stream Splash

Do you like to get wet? Look for minnows, water-striders and crayfish in our stream, and find out why they live there. We provide nets and water tubs. Please wear water shoes or old shoes you don't mind getting wet (no sandals, please).

228449 3-6yrs 1 Class \$5 5/15 W 2:00pm-3:00pm

Children Ages 6 – 12

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Homeschool Special: Hurray for Mason Bees!

Learn the hows and whys of pollination and the pollinator's role in the whole process. We will look specifically at the docile orchard mason bees. Mason bees are not only excellent pollinators, but they are easy to maintain. The program includes building a mason bee hive for participants to take home.

227550 6-12yrs 1 Class \$8 3/8 F 2:00pm-3:00pm

Stream Geology Adventure

Explore the stream at Brookside, looking for the rocks and minerals within and along it. Learn how people use them and how they shape the land around them.

228202 6-12yrs 1 Class \$5 3/27 W 4:00pm-5:00pm

Rocks from Near and Far

Investigate rocks from the United States and from far-away countries. Then visit a stream to search for local rocks and minerals. Please bring a small shoe box or a sturdy bag. Samples will be provided so you can start your own rock collection.

228299 6-12yrs 1 Class \$6 4/17 W 4:00pm-5:00pm

Tree People

Trees have just about everything they need except a face! Using natural clay and lots of imagination, we can remedy that deficiency. Come help a tree express its personality by giving it temporary eyes and a nose and a mouth that you've fashioned yourself.

227402 6-12yrs 1 Class \$6 5/30 Th 3:00pm-4:00pm

Programs for All

Registration and payment is required, and all children must be accompanied by an adult unless otherwise noted.

Reptile and Amphibian Bingo

Show off your knowledge of reptiles and amphibians at bingo night. Test your family, friends and yourself, and learn some new facts, too! The registration fee provides one card per participant, but if you really want to challenge yourself, extra cards are available for \$1 each.

227551 6 & up 1 Class \$2 3/14 Th 6:30pm-8:00pm

Morning Birdwalk - Spring Migrants

Look and listen for spring migrants flying up from the south. Bring your own binoculars or borrow ours. Beginners are welcome. Meet at the pond boardwalk.

229449 6 & up 1 Class \$5 3/23 Sa 9:00am-10:00am

Full Moon Club

Join the Full Moon Club and experience nature at night with a hike through the meadows and woods around the Nature center. We'll start with marsh-mallows around a campfire at the Harper Cabin, and venture forth into the woods to look and listen for evening wildlife.

• Pink Moon

229749 6 & up 1 Class \$5 3/24 Su 5:30pm-7:00pm

• Worm Moon

229750 6 & up 1 Class \$5 4/25 Th 6:00pm-7:30pm

• Flower Moon

229799 6 & up 1 Class \$5 5/26 Su 7:00pm-8:30pm

Campfire and Cabin Tour

Join us around the campfire as we toast marshmallows and listen to the sweet sounds of early spring. Bring your own hotdogs and buns; we'll provide the toasting sticks. Then learn about life in the 1870s as we explore the Harper Family log cabin.

228205 2 & up 1 Class \$3 3/29 F 6:00pm-7:00pm

Planting Spring Flowers

Paint a pretty flower pot, then plant some native flower seeds in it and learn how to make them grow! Look for early spring flowers along our trail as we stroll over hill and dale.

228203 3 & up 1 Class \$6 3/30 Sa 2:00pm-3:00pm

Spring Wildflower Walk

Look for pretty spring flowers like violets, spring beauty and more! Find out about how people and animals use flowers, and learn some flower lore.

228300 3 & up 1 Class \$5 4/9 Tu 6:00pm-7:00pm

Garlic Mustard No More!

Families and groups, warm up for the Garlic Mustard Pull! We'll tug, pull, yank, pluck and do whatever's necessary to perfect our technique and get that bothersome plant out of our forests! The results of our labor is a habitat well on its way to restoration. Bring work gloves or borrow ours. Approved for SSL hours. Reservations not required but appreciated.

227553 4 & up 1 Class Free 4/13 Sa 2:00pm- 3:00pm

Campfire and Forest Walk

Bring your own hotdogs and buns; we'll provide the marshmallows and roasting sticks. Then join us as we walk through the spring forest looking for newly unfolded leaves and spring flowers and listening for the songs of the elusive wood thrush.

228249 2 & up 1 Class \$3 4/23 Tu 6:00pm- 7:00pm

In Search of Indigo and Brown

Meet at the carousel in Wheaton Regional Park, where we'll first learn a little about bluebirds and their demise and comeback. Then we'll walk around Pine Lake to catch a glimpse of the robin's more flamboyant cousin while it's out catching dinner!

227401 3 & up 1 Class \$2 4/24 W 5:00pm- 6:00pm

Morning Birdwalk - Nesting Time

Look and listen for spring migrants flying up from the south. Bring your own binoculars or borrow ours. Beginners are welcome. Meet at the pond boardwalk.

229450 6 & up 1 Class \$5 4/27 Sa 9:00am-10:00am

Spring Family Fossil Foray

Visit the shores of the Chesapeake Bay where we'll look for fossil shark teeth, sea ray dental plates and whale bone. There's no charge for this program, but you'll need to pay for any park entrance fees and provide your own transportation. The location will be announced one week before the trip.

228350 2 & up 1 Class Free 4/27 Sa 1:00pm- 3:00pm

Forest Friends Festival!

Here's your chance to be a "BFF" (Best Friend Forever) to birds, bats, bees and trees! Join us throughout the day as we feature tree care tips from the pros, tree climbing for kids (with ropes and tackle), bucket rides to the tree top, forest-friendly crafts, special presentations, forest critters, vendors, a bushel of information and more! Reservations not required, but greatly appreciated.

227554 1 & up 1 Class \$5 4/28 Su 11:00am- 4:00pm



Nature Center
in Wheaton Regional Park



Celebrate Arbor Day at Brookside Nature Center's

Forest Friends Festival

Sunday, April 28, 11AM - 4PM

All ages are welcome! Rain or Shine!

- Take a bucket ride to the tree tops
- Learn to climb a tree like a pro
- Enjoy forest-friendly games and crafts
- Listen to live music

Admission: \$5 per person. Register at ParkPASS.org. (# 227554)





1400 Glenallan Ave., Wheaton 20902
301-962-1480
BrooksideNature.org





Birthday Parties at Brookside Nature Center



Each party includes...

- * Your choice of a one-hour nature-themed program for 20 children, led by a Brookside Naturalist, and...
- * A one-hour party room rental to celebrate in after your activity. Bring on the cake and ice cream!
- * \$225 covers everything, including 30 minutes before and 30 minutes after the party to set up and clean up (3 hours total).

Visit BrooksideNature.org or call us at 301-962-1480 for more information.

Morning Birdwalk - Pond and Spring

Visit the pond and spring at Brookside and look for water birds like ducks, geese and herons; and birds that visit the water, like robins. Bring your own binoculars or borrow ours. Beginners are welcome. Meet at the pond boardwalk.

229451 6 & up 1 Class \$5 5/4 Sa 9:00am-10:00am

Campfire and Birdwalk

Bring your own hotdogs and buns, and we'll provide the marshmallows and toasting sticks. Then join us as we follow the sounds of birds as they finish their dinner and sing their goodnights to each other.

228399 2 & up 1 Class \$3 5/10 F 6:00pm-7:00pm

Fox Family in Spring

Visit fox dens around Brookside, and find out where the foxes live, hunt and play. Learn what fox babies are doing this time of year. Please wear long pants and sturdy close-toed shoes for this half-mile walk.

228400 3 & up 1 Class \$5 5/11 Sa 2:00pm-3:00pm

Oak Ridge Trail Walk

Take an evening stroll on one of our prettiest forest trails and learn about the layers of the forest. Look for late spring wildflowers and listen for spring bird songs.

228499 3 & up 1 Class \$5 5/21 Tu 6:00pm-7:00pm

Welcome Spring Campfire Lunch

Enjoy your lunch around a blazing campfire as we celebrate the wonders of spring. A great campfire is not complete without the traditional yummy campfire dessert! (You bring the lunch, we'll bring the dessert.) Kids age 2 and under are free with a paying adult.

227557 1 & up 1 Class \$3 5/23 Th 12:00pm-1:00pm

Adults

Ages 18 and up

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Teacher Tuesdays

Looking for unique programs that will help you meet Environmental Literacy Standards? Looking for meaningful outdoor experiences for your students? Join us on the third Tuesday of each month to learn how to use the resources and activities offered by the Nature Centers of Montgomery Parks. Light refreshments will be served, along with great conversation!

• The Forest Habitat: Where We Live

229800 18 & up 1 Class Free 3/19 Tu 6:30pm-8:00pm

• Fur and Feathers: Adaptations

229849 18 & up 1 Class Free 4/16 Tu 6:30pm-8:00pm

• Streams and Ponds: Exploring Our Watershed

229850 18 & up 1 Class Free 5/21 Tu 6:30pm-8:00pm

Singles' Spring Campfire

Want to meet new people while enjoying the great outdoors? Come out and celebrate spring with a touch of nature. Meet other single outdoor enthusiasts while roasting s'mores over an open fire. We will start off with some icebreakers, have a few warm up activities followed by some nature games. *Registration closes Friday, May 10, 2013.*

227556 40-55yrs 1 Class \$5 5/17 F 7:30pm-8:30pm

Nature Art Respite for Adults

Time for creative play! Leave your to-do list at the Nature Center door and enter into a room where, for two hours, your inner artist can thrive. Choose to work on nature-themed art projects like felting, faux stained glass, leaf printed cards, and finger painting with oils! Wear your messy clothes, bring any favorite art materials if you wish, and let the fun begin!

228599 18 & up 1 Class \$20 5/24 F 6:30pm-8:30pm



Ladies' Hike Out

The signs of spring are emerging day by day, from the diminutive blooms of bittercress to the burst of burgundy flowers on the red maple trees. We aim to notice these harbingers as we revive our winter-weary spirits and stretch our sluggish legs. These brisk 2 - 3 mile hikes are on natural surface trails, so wear sturdy, water-repellent shoes and bring water! Directions to the trailhead will be provided.

• Rachel Carson Conservation Park

Learn about the region's most renowned naturalist as we hike through the park that bears her name.

227349 18 & up 1 Class Free 3/9 Sa 9:30am-11:30am

• Wheaton Region Park

Skirting the equestrian trails, we'll explore bits and pieces of this 500-acre park and pay special attention to fresh spring wildflowers. Meet at Brookside Nature Center.

227399 18 & up 1 Class Free 4/20 Sa 9:30am-11:00am

• Rock Creek Park

Just over the DC line lies one of the finest assortments of old, massive and native trees in Maryland. As we walk next to, over and above Rock Creek, we'll enjoy their regal presence and springtime apparel.

227400 18 & up 1 Class Free 5/18 Sa 9:30am-11:30am

17th Annual Gas & Steam Engine Show

Saturday, April 13, 10am-5pm
Sunday, April 14, 10am-3pm



- See gas engines & tractors, antique cars & trucks, and steam tractors
- Live country music
- Hay wagon rides
- Kiddie tractor pull
- Great food for sale



- Door prizes
- Flea market
- Parade on Saturday
- Tractor-driving contest
- More fun activities with the Back in Time 4-H Club

Free Admission and Parking • Rain or Shine!

Sponsored by

The Friends of
the Agricultural
History Farm Park



Agricultural History Farm Park | 18400 Muncaster Rd. Derwood, MD 20855
Call 301-253-2673 for more info | www.FriendsoftheFarmPark.org | www.AgHistoryPark.org

April is EarthMONTH in Montgomery Parks!

Ways **YOU** can help the environment:

- Clean up local parks & streams
- Repair natural surface trails
- Remove non-native invasive plants
- Plant native plants
- Help mark storm drains
- Join the Garlic Mustard Pull
- Become a Weed Warrior
- Volunteer at a Nature Center

Go to www.ParksVolunteers.org, click on Search and Apply for Volunteer Opportunities, and click on Special Events to see the complete list, or feel free to call our office at 301-495-2504.

Most Montgomery Parks volunteer activities are Student Service Learning approved by MCPS.

www.ParksVolunteers.org



Dig into the past!

ParksArchaeology.org 301-840-5848

FAMILY archaeology DAY

Saturday, May 4

10 am – 3 pm

\$8 per person / \$15 family

Bring a bag lunch & digging clothes!

- Tours of the Mansion
- Storytelling
- Old-time games
- Crafts

BROUGHT TO YOU BY

The Archaeology Society of Maryland, Mid-Potomac Chapter
and M-NCPPC Montgomery Parks

Needwood Mansion

6700 Needwood Road, Derwood, MD

SPRING Break CAMPS

Monday through Friday

9 am to 3 pm

Open to ages 10 and up | \$270.00

March 25 to 29

park pass # 235354

April 1 to 5

park pass # 235355

Register at ParkPASS.org



Agricultural History Farm Park

18400 Muncaster Road, Derwood, MD

Calling all history buffs, inquisitive geeks and the generally curious

Group Historic Sites Tours

Tues - Fri
\$5 Students
\$5 Seniors
\$7 Adults

Oakley Cabin African American Museum & Park
Underground Railroad Trail ♦ Josiah Henson Park

Students grades 4 and up, Seniors, Clubs & Organizations ♦ visit HistoryInTheParks.org



Nature Center
in Cabin John Regional Park

Locust Grove Nature Center

7777 Democracy Blvd. • Bethesda, MD 20817 • 301-765-8660 • www.LocustGroveNature.org

Call or visit our webpage for Nature Center hours. Trails open daily, dawn to dusk.

Toddlers & Preschool Ages 0 – 6

*Registration is required unless otherwise noted.
All children must be accompanied by an adult.*



Tot Time!

Explore the sights, sounds, textures and movements of the natural world. Each session will feature a different topic specially selected to engage young minds. Outdoor activities are included in every program, so please dress for the weather.

• Are You My Mommy?

230752 2-4yrs 1 Class \$5 3/6 W 10:15am-11:00am

• Planting Spring Flowers

230753 2-4yrs 1 Class \$5 3/20 W 10:15am-11:00am

• Worms and Dirt

230754 2-4yrs 1 Class \$5 4/3 W 10:15am-11:00am

• Butterflies and Bees

230755 2-4yrs 1 Class \$5 4/17 W 10:15am-11:00am

• Frogs and Minnows

230757 2-4yrs 1 Class \$5 5/1 W 10:15am-11:00am

• Take Flight With Wings

230758 2-4yrs 1 Class \$5 5/15 W 10:15am-11:00am

• Bugs, Bugs, and More Bugs

230759 2-4yrs 1 Class \$5 5/29 W 10:15am-11:00am

Fabulous Foxes

Fox kits are born in March and April, so this is a great time to learn about our little native canines. We'll look for fox dens, fox signs and fox tracks, plus enjoy a story about our furry neighbors.

231106 3-6yrs 1 Class \$5 3/14 Th 10:00am-11:00am

Bouncing Baby Bunnies

Spring is baby time in the forest. Join us for a hike and a story to learn about baby bunnies and other woody critters.

231109 3-6yrs 1 Class \$5 4/25 Th 10:00am-11:00am

Bug Safari

Meet some of our captive critters, and then head out to the meadow where we'll use bug nets to catch insects and see them up close.

231099 3-6yrs 1 Class \$5 5/7 Tu 10:00am-11:00am

May Flowers

Spring is springing up all over. We'll take a walk to look at flowers and appreciate the colors, smells and sights of the little creatures that pollinate them.

231111 3-6yrs 1 Class \$5 5/9 Th 10:00am-11:00am

Stream Safari

Join the aquatic adventure as we wade into Cabin John stream with nets in search of fish, crayfish, water striders, and other insects. We'll also check the pond and see how much the wood frog tadpoles have grown. Wear rubber boots or closed-toe water shoes.

231103 3-6yrs 1 Class \$5 5/14 Tu 10:00am-11:00am

All About Birds

The birds are back and nest-making and song-singing are in full swing. Learn about wings, songs, nests and eggs, then take a walk to watch birds in the woods.

231112 3-6yrs 1 Class \$5 5/21 Tu 10:00am-11:00am

Rock, Skip and Jump

Discover how nature makes rocks! Make an edible volcano, roll your own edible sedimentary rock layer and watch it metamorphose, and take a hike to look for rocks. Then for fun, we'll learn how to skip rocks. Please let us know if your child has any food allergies.

231064 3-5yrs 1 Class \$6 5/22 W 10:00am-11:00am



Birthday Parties at Locust Grove Nature Center

Each party includes...

- * Your choice of a one-hour nature-themed program for 20 children, led by a Locust Grove Naturalist, and...
- * A one-hour party room rental to celebrate in after your activity. Bring on the cake and ice cream!
- * \$225 covers everything, including 30 minutes before and 30 minutes after the party to set up and clean up (3 hours total).

Visit
LocustGroveNature.org
or call us at
301-765-8668
for more information.



ENJOY SPRING

at Montgomery Parks Nature Centers

Sunday
MARCH 24
1 - 4 p.m.

OUTDOOR CLASSROOM OPEN HOUSE @ BLACK HILL

Learning about nature doesn't have to occur indoors! New outdoor classrooms at Black Hill Regional Park allow visitors to learn about plants, animals and nature in their natural environment. Visit our Open House and learn how you and your children can enjoy these new exploration spaces. [#233850](http://ParkPASS.org)

Monday-Sunday
MARCH 26-APRIL 2
Times vary

SPRING BREAK PROGRAMS @ LOCUST GROVE

Your child can spend spring break searching for salamanders, studying native bees, learning about (and toasting) marshmallows and hiking through Cabin John. A great way to enjoy spring break!
[#s 231066, 231067, 231068, 231069, 231071, 231108](http://ParkPASS.org)

Friday
MARCH 29
10 a.m. - 2:30 p.m.

ANNUAL EGG HUNT @ MEADOWSIDE

Search for real eggs through our meadows, then dye and decorate the eggs you find. Event includes other ongoing spring-related activities throughout the day. Fun for the entire family! Reservations are required--we want to be sure we have enough eggs for all!
[#s 232800 - 232809](http://ParkPASS.org)

Saturday
APRIL 20
3 - 10:30 p.m.

ASTRONOMY DAY @ BLACK HILL

Sunspot viewing in the afternoon followed by programs and stargazing in the evening.
[#233849](http://ParkPASS.org)

Sunday
APRIL 28
11 a.m. - 4 p.m.

FOREST FRIENDS FESTIVAL @ BROOKSIDE

Celebrate Arbor Day at Brookside Nature Center. Take a bucket ride into the trees; learn to climb like the pros; enjoy forest-friendly crafts, games, music and more! [#227554](http://ParkPASS.org)

Sunday
MAY 19
1 - 4 p.m.

BLUEBIRDS FOREVER FESTIVAL @ BLACK HILL

Celebrate the Eastern Bluebird! Join us for an afternoon of fascinating programs, exhibits and demonstrations. For more information, see page 118.



Visit our
websites for a list of
ALL programs offered
this season, and
much more!



BLACK HILL NATURE CENTER
301-258-3492, BlackHillNature.org



BROOKSIDE NATURE CENTER
301-962-1480, BrooksideNature.org



LOCUST GROVE NATURE CENTER
301-765-8660, LocustGroveNature.org



MEADOWSIDE NATURE CENTER
301-258-4030, MeadowsideNature.org

Children Ages 6 – 12

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Homeschool Science: Mudcology

Join us for a marvelous exploration of mud! We'll squish through the science of mud formation, contemplate the components of mud and soil, and discover the many uses for good old mud. Dress to get muddy!

231104 6-12yrs 1 Class \$12 3/5 Tu 10:00am-12:00pm

April Showers

Come out for a hike featuring puddles, raindrops, and wet! We'll look at what the rains of April do for the land and see if any of those May flowers have started growing yet. Dress for muddy trails!

231108 6-10yrs 1 Class \$5 4/2 Tu 10:00am-11:00am

Homeschool Science: All About Bees

We invite all motivated and creative homeschoolers to Locust Grove's woodland classroom. Boost your science program through natural exploration and guided instruction. Learn about differences between honeybees, bumblebees and mason bees. We'll examine bee nests, learn fascinating bee facts and see how many different bee species are pollinating our garden.

231101 8-12yrs 1 Class \$8 4/16 Tu 10:00am-11:30am

Mixed Ages Ages 1 – 17

Registration is required, and all children must be accompanied by an adult unless otherwise noted.

Spring Break! Salamander Search

Enjoy a streamside hike (about one mile) to a woodland pond where frogs and salamanders live. We'll provide nets so you can search for spotted and marbled salamanders. Wear rubber boots. Starts from the Cabin John Park McDonnell Campground parking lot.

231066 3-12yrs 1 Class \$5 3/26 Tu 10:00am-12:00pm

Meet the Mason Bees

Our orchard mason bees have been in their nesting tubes since last spring. Watch these friendly and fascinating bees as they emerge from the mud wall of their nest and collect mud to build next year's nest. See examples of bee nests made from paper, mud and wax, and look for bees at work in our garden.

231067 3-12yrs 1 Class \$4 3/27 W 11:00am-11:45am

Spring Break! Marshmallow Madness

Did you know marshmallows originally came from plants? Learn the natural history of marshmallows and join the campfire fun at our creekside fire ring by the giant sycamore tree. See what happens when yellow marshmallow critters get too close to the flames. Bring a picnic lunch and we'll provide all you need to roast marshmallows. Drop in any time during program hours.

231068 3-12yrs 1 Class \$5 3/28 Th 11:00am-1:00pm

Spring Break! Signs of Spring Hike

The peepers are peeping, birds are singing and spring is springing! Hike the trails with a Naturalist in search of signs of spring.

231069 3-12yrs 1 Class \$5 3/29 F 10:00am-11:00am



Save the Frogs Day

It's international Save the Frogs Day! Come learn all about our vanishing amphibians and why these good-natured jumpers need our help. We'll explore the pond to wonder at tadpoles, sing in our own frog chorus, and learn to draw frogs for fun.

231110 3-12yrs 1 Class \$7 4/27 Sa 10:00am-12:00pm

Programs for All

Registration and payment is required, and all children must be accompanied by an adult unless otherwise noted.

Birds and Afternoon Tea

Join us at the 'Birdseed Café' for birdwatching on our deck. Drop in anytime between 1-3pm. No reservations required.

230749	3 & up	1 Class	Free	3/3	Su	1:00pm- 3:00pm
230750	3 & up	1 Class	Free	4/7	Su	1:00pm- 3:00pm
230751	3 & up	1 Class	Free	5/5	Su	1:00pm- 3:00pm

Tuesday in the Park

Join a Naturalist at the Cabin John playground off Tuckerman Lane to explore what's happening outside! No registration required. Rain cancels program.

231049	1 & up	1 Class	Free	3/12	Tu	11:00am-12:00pm
231050	1 & up	1 Class	Free	3/26	Tu	11:00am-12:00pm
231051	1 & up	1 Class	Free	4/9	Tu	11:00am-12:00pm
231052	1 & up	1 Class	Free	4/23	Tu	11:00am-12:00pm
231053	1 & up	1 Class	Free	5/7	Tu	11:00am-12:00pm
231054	1 & up	1 Class	Free	5/21	Tu	11:00am-12:00pm



Nature Center
in Cabin John Regional Park



Spend Spring Break With Us!

Look for our special spring break programs (March 25-April 2) indicated in "robin's egg" blue.

Garlic Mustard Pull

Saturday, April 13

Join today's all-county Garlic Mustard Pull and help us clear this invasive weed from the park. Bring work gloves, or borrow ours. This pull is for organized groups only. Please be sure to register your group by calling 301-765-8661.

231061 11 & up 1 Class Free
4/13 Sa 9:00am-12:00pm



Campfire and Nature Walk

Join us for a campfire picnic, followed by an evening nature walk. Bring your own hotdogs and rolls, and we'll bring the makings for s'mores.

231055	3 & up	1 Class	\$5	3/15	F	6:30pm-7:30pm
231056	3 & up	1 Class	\$5	4/12	F	6:30pm-7:30pm
231057	3 & up	1 Class	\$5	5/10	F	6:30pm-7:30pm

Frog Follies

We'll cross our fingers and hope for rain before we set out to watch the frog chorus. With any luck, we'll hear peepers peeping and wood frogs quacking, and see a pond full of frogs in love. Program meets rain or shine! Come dressed to get wet. Program meets at Robert McDonnell Campground. No younger siblings, please.

231107	5 & up	1 Class	\$5	3/22	F	7:00pm-8:30pm
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Saturday Birding with Locust Grove

Explore the Potomac River valley flyway with avid local birding guides Jay and Diane Jones. Join us for one (or more) birding trips and watch the amazing diversity of migrating birds as they make their way from South America to their summer nesting sites in the north. We'll meet at Locust Grove Nature Center parking lot and carpool to local birding "hotspots."

231058	10 & up	1 Class	Free	4/13	Sa	8:00am-11:00am
231059	10 & up	1 Class	Free	4/27	Sa	8:00am-11:00am
231060	10 & up	1 Class	Free	5/11	Sa	8:00am-11:00am

Bats!

Baby bats are born in June and mom bats are flying low and staying close to home. Join us for a meadow hike to watch the bats fly and listen in on their ultrasonic calls. No younger siblings, please.

231113	5 & up	1 Class	\$5	5/31	F	8:00pm-9:00pm
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"WHAT HAPPENED TO MY PROGRAM?"

We hold off as long as we can, but sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.

Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at www.ParkPASS.org!



FREE! Registration is required.

Explore WILD Montgomery County with a Park Naturalist or a Natural Resource Specialist. Discover beautiful public places close to home and learn fascinating natural history from Park experts. All programs are FREE and require advance registration. Please print your ParkPASS confirmation receipt for specific directions to the meeting spot and other instructions.

Spring Break Hike: Riley's Lock

Let's see which animals are stirring after a long winter! We'll listen for toads and spring birds, and look for turtles, insects, wildflowers and more while hiking along a pond, the C&O Canal and the Potomac River.

231071	6-12yrs	1 Class	Free	4/1	M	10:00am-12:00pm
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Friday Foray: Carderock Wildflowers

Join us for a moderate hike on Section C of the Billy Goat trail in Carderock Recreation Area. Enjoy great views of the Potomac and see bluebells, phlox, wild ginger and other spring wildflowers in bloom.

Meet at Carderock Picnic Pavillion.

231072	18 & up	1 Class	Free	4/12	F	10:00am-12:00pm
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Friday Foray: Paint Branch Trail

Celebrate spring as we search a pond for turtles and dragonflies, and then walk 2-3 miles on paved trails along Paint Branch stream. Bring binoculars to see Baltimore orioles that nest in the area.

231102	18 & up	1 Class	Free	5/10	F	10:00am-12:00pm
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"Growing Native" Plant Seminar

Friday, May 17, 6:30-7:30p.m.

Visit the Dotson Garden at Locust Grove Nature Center to view local native plants that can beautify your home while supplying critical support for all wildlife. Learn why native plants are essential to our environment, and how to attract more birds, insects and small animals to your yard.

Learn the benefits of specific local eco-types that you can see in our garden. Find resources for purchasing plants and planning your native garden.

Discuss growing conditions such as soil, water, and sun. Consider bloom times and height. Think about how you can start the process of making your home environment a small nature refuge.

231062	18 & up	1 Class	\$5	5/17	F	6:30pm-7:30pm
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Meadowside Nature Center

5100 Meadowside Lane • Rockville, MD 20855 • 301-258-4030 • MeadowsideNature.org
Open Tuesday-Saturday, 9am-5pm. Trails open daily dawn to dusk.

Toddlers & Preschool Ages 0 – 6

*Registration is required unless otherwise noted.
All children must be accompanied by an adult.*

Tyke Hikes

Come and discover the bustling world around the Nature Center. Take a nature mini-hike and make a craft to take home.

• Wonderful Worms

Learn about and search outside for wiggly, wonderful worms.

233106 2-3yrs 1 Class \$5 3/6 W 10:30am-11:15am

• Amphibians

Learn about frogs and toads and hike to see if there are any at the pond.

233107 2-3yrs 1 Class \$5 4/3 W 10:30am-11:15am

• Turtles

Learn about turtles on a trip to the pond.

233113 2-3yrs 1 Class \$5 5/8 W 10:30am-11:15am

The Winds of March

The winds of March can bring some unpredictable weather. Learn how weather is made through a story and craft.

232749 3-5yrs 1 Class \$5 3/6 W 1:30pm-2:30pm

Busy Beavers

Explore these amazing builders through fun activities, and take a walk to find out how they keep so busy.

233133 3-6yrs 1 Class \$5 3/15 F 1:30pm-2:30pm

Tiny Talon Tales

Children will spread their wings as they explore and discover owls, hawks, eagles, and more.

233103 3-5yrs 1 Class \$5 3/19 Tu 10:30am-11:15am

233104 3-5yrs 1 Class \$5 4/23 Tu 10:30am-11:15am

233105 3-5yrs 1 Class \$5 5/14 Tu 10:30am-11:15am

Outdoor Discoveries

Our park is a natural classroom full of wonders waiting to be discovered by your child. Each session includes an introduction to the day's theme and a hike outdoors.

• Amphibians

We'll learn about frogs and toads, then hike to the pond searching for them and their eggs.

232812 3-6yrs 1 Class \$5 3/23 Sa 1:00pm-2:00pm

• Birds

How are birds like us and how are they different? Discover what it takes to be a bird and see them up close.

232813 3-6yrs 1 Class \$5 4/27 Sa 1:00pm-2:00pm

• Trees

Can you say "trees" without smiling? We'll hike and learn how trees help us and what we can do to help trees.

232814 3-6yrs 1 Class \$5 5/25 Sa 1:00pm-2:00pm

We Want You!

Volunteer Summer Camp Counselors

We're looking for summer help for our summer camps and programs. Visit MeadowsideNature.org for details.

Celebrate Mother's Day

Come celebrate Mother's Day a little early with a fun nature hike and craft that you can make together!

233200 3-6yrs 1 Class \$5 5/10 F 10:30am-11:30am

Mother's Day Geocache Hunt

Spend a fun morning outside with Mom and the family! Geocaching is a modern-day treasure hunt using GPS technology to hide and seek hidden containers, or caches. Hide a Mother's Day surprise for your mom to find, and then enjoy searching for another hidden geocache near Meadowside. Dress for the weather and wear sturdy shoes for hiking.

233201 8 & up 1 Class \$10 5/11 Sa 10:00am-11:30am





Spend Spring Break With Us!

Look for our special spring break programs (March 25-April 2) indicated in "robin's egg" blue.

Volunteer to be a Meadowside Nature Center Host

If you like helping people and enjoy learning about local wildlife, you'll love volunteering at Meadowside Nature Center. We're looking for friendly faces to greet visitors, answer questions, check in program participants, and more. This is a once-a-week, 6-month commitment. You must be 16 or older; SSL-approved. Please visit www.ParksVolunteers.org for more information.

Festive Bird Masks with Otus

Learn about the colorful birds that live around the Nature Center, then decorate a colorful bird mask for yourself! Meadowside's mascot Otus the Owl will come visit and pose for photos, so bring a camera!

233161 3-6yrs 1 Class \$5 4/9 Tu 10:30am-11:15am

Squish, Squash, Squirt: Mud!

Spring brings lots of rain showers, and that means mud! From birds to bugs, lots of animals love mud! Discover the fun in mud through stories and activities, and make some mud art.

233166 3-6yrs 1 Class \$5 4/18 Th 1:30pm-2:30pm

Lightning Bugs

Ever marveled at the lightning bugs you see at night? Join in on our exploration of lightning bugs through stories and a craft!

232751 3-5yrs 1 Class \$5 4/24 W 1:30pm-2:30pm

Pond Explorers

Join us as we explore a pond and the animals that live there through stories, a craft, and a hike to the pond at Meadowside.

232752 3-5yrs 1 Class \$5 5/1 W 1:30pm-2:30pm

Food for the Brood

Momma birds are busy this time of year, because their babies in the nest need a lot of care as they grow. Learn how baby birds grow, play a relay game, and make a craft to take home.

233203 3-6yrs 1 Class \$5 5/17 F 1:30pm-2:30pm

Children & Youth Ages 6 – 12

Registration is required unless otherwise noted. All children must be accompanied by an adult.

Gone Fishin'

We'll supply the fishing poles and try them out together on the shoreline of Lake Needwood. Meet at the Lake Needwood Boat House (15700 Needwood Lake Circle, Rockville, MD 20855).

232755 7-10yrs 1 Class \$5 4/25 Th 6:00pm-7:00pm

232756 7-10yrs 1 Class \$5 5/16 Th 6:00pm-7:00pm

Mixed Ages Ages 0 – 17

Registration is required unless otherwise noted. All children must be accompanied by an adult.

Otus the Owl Storytime

We'll read a story about owls, practice our hooting skills, and meet our mascot Otus the Owl, so bring your camera!

232754 2-10yrs 1 Class \$3 3/28 Th 10:00am-10:45am



Annual Egg Hunt

Search for real eggs through the meadows, then dye and decorate the eggs you find. Event includes other ongoing spring-related activities throughout the day. Fun for the entire family! Reservations are required (we want to have enough eggs for all!)

232800 2-12yrs 1 Class \$8 3/29 F 10:00am-10:30am

232801 2-12yrs 1 Class \$8 3/29 F 10:30am-11:00am

232802 2-12yrs 1 Class \$8 3/29 F 11:00am-11:30am

232803 2-12yrs 1 Class \$8 3/29 F 11:30am-12:00pm

232804 2-12yrs 1 Class \$8 3/29 F 12:00pm-12:30pm

232805 2-12yrs 1 Class \$8 3/29 F 12:30pm-1:00pm

232806 2-12yrs 1 Class \$8 3/29 F 1:00pm-1:30pm

232807 2-12yrs 1 Class \$8 3/29 F 1:30pm-2:00pm

232808 2-12yrs 1 Class \$8 3/29 F 2:00pm-2:30pm

232809 2-12yrs 1 Class \$8 3/29 F 2:30pm-3:00pm

Programs for All

Registration and payment is required, and all children must be accompanied by an adult unless otherwise noted.

Kite-Flying Time!

Take advantage of the March winds! Make and decorate your own kite to fly over the windswept fields at the Agricultural Farm Park in Derwood (18400 Muncaster Road). Meet at the green and white farm house atop the hill.

232750 2 & up 1 Class \$8 3/20 W 3:30pm-4:30pm

Alien Invaders

Our park's native plants are being choked and overgrown by alien invasive plants. Help us give the park's native plants room to grow by removing the invasive non-natives. Bring yourself, your family, or your group (call us if you're bringing a group). Wear long pants, close-toed shoes, long sleeves, and bring leather gloves if you have them or borrow ours. This is an SSL-approved project. No registration required.

232810 8 & up 1 Class Free 3/23 Sa 10:00am-11:00am

232811 8 & up 1 Class Free 5/25 Sa 10:00am-11:00am

Family Geocaching Adventure

Modern-day treasure hunting happens right here in our parks! Geocaches are hidden containers filled with interesting stuff that you track down using GPS units. Learn how to use a GPS unit, and spend the day on a geocaching adventure in search of local caches. Bring a snack, water, and be prepared to hike (long pants and sturdy shoes strongly recommended). If you don't have a GPS unit, we'll have units for families to share.

233135 8 & up 1 Class \$10 3/27 W 10:30am-12:30pm

Family Hike at Rachel Carson Park

Frogs and toads and salamanders...we'll hike about 1.5 miles along a natural surface trail to a wetland and pond, searching for amphibian activity to observe. Meet in Rachel Carson Park (22201 Zion Road in Brookeville) at the kiosk in the parking lot.

232815 6 & up 1 Class \$5 3/27 W 1:00pm-2:00pm

Raptors of Rock Creek LIVE!

Seeing live raptors just a few steps away is an exciting experience you won't forget! Discover what makes raptors unique among birds and learn the fantastic tools these predators have for hunting in the wild. Meet one of our resident raptors live and up close. Programs take place at Meadowside's campfire ring.

233121 2 & up 1 Class \$3 3/28 Th 1:30pm-2:00pm

233123 2 & up 1 Class \$3 4/25 Th 1:30pm-2:00pm

233124 2 & up 1 Class \$3 5/15 W 1:30pm-2:00pm

Owls, Hawks and Eagle Lunchtime and Talk

Observe and ask questions about Meadowside's hawks, owls, vulture, and bald eagle during their feeding time! Get a chance to speak with a Naturalist about our birds of prey, and learn some of the stories about Meadowside's own raptors on exhibit. Meet at the Raptor Walkway behind the Nature Center.

233125 2 & up 1 Class Free 3/30 Sa 12:00pm-12:30pm

233127 2 & up 1 Class Free 4/20 Sa 12:00pm-12:30pm

233129 2 & up 1 Class Free 5/11 Sa 12:00pm-12:30pm

From Pest to Pesto

April is Garlic Mustard Month in Montgomery Parks! Help us remove alien invasive garlic mustard plants from our park. Then get a tasty garlic mustard pesto recipe to make at home! Wear long pants, close-toed shoes and long sleeves, and bring leather gloves if you have them or borrow ours. This is an SSL-approved project. No registration required.

232816 8 & up 1 Class FREE 4/2 Tu 10:00am-11:00am

232817 8 & up 1 Class FREE 4/13 Sa 10:00am-11:00am

232818 8 & up 1 Class FREE 4/27 Sa 10:00am-11:00am

Make Way for Ducklings Campfire

Join Meadowside in celebrating our feathered friends around the campfire with the film *Make Way for Ducklings* (11 minutes). What special adaptations do ducks and other water birds have for life on the water? Take a walk to our pond, make a special craft to take home, and of course, enjoy s'mores! We supply the marshmallows and graham crackers; please bring your own chocolate for s'mores.

233137 3 & up 1 Class \$3 4/4 Th 7:00pm-8:30pm

Bird Splash

Birds will splash in a make-your-own-bath! Water will bring the birds to your yard on the warm days of summer that are just around the corner. Make a small bird bath out of a flower pot, decorate it, and take it home to watch birds drink, preen and splash.

233204 3 & up 1 Class \$5 5/23 Th 1:30pm-2:30pm



Birthday Parties at Meadowside Nature Center

Call 301-258-4030 for more information.

Scouts *Registration is required unless otherwise noted.*

Girl Scout Juniors: Geocacher Badge

Earn your Geocacher Badge finding hidden geocaches right here in Montgomery Parks. Learn how to use a GPS unit, how they work, the rules of geocaching, and spend the afternoon on a geocaching adventure. We'll be hiking, so long pants and sturdy shoes are recommended. If you don't have a GPS unit, we'll lend you one.

233136 9-12yrs 1 Class \$10 3/30 Sa 9:30am-11:30am

Girl Scout Brownies: Bugs Badge

Explore the amazing world of bugs while earning your Bugs Legacy Badge! Meet some of Meadowside's live bugs up close, explore bug homes by making your own bug habitat, take a bug hike, make a buggy craft, and more.

233199 6-10yrs 1 Class \$15 4/24 W 4:00pm-5:30pm

Webelos Forester Activity Badge

Learn what it takes to be a forester as we take to the trails to learn how to identify different trees, and find out why wildfires can play a beneficial role in a forest ecosystem. Please dress for the outdoors.

232753 6-10yrs 1 Class \$25 5/4 Sa 9:30am-12:00pm

Girl Scout Brownies: Senses Badge

Explore your five senses, and compare them with those in the animal world. Test your sense of smell to a turkey vulture's. How does your eyesight compare to an owl? Learn how animals use their keen senses to survive, explore your own senses, and participate in fun activities and crafts as you earn your Senses Badge!

233202 6-10yrs 1 Class \$15 5/14 Tu 4:00pm-5:30pm

"WHAT HAPPENED TO MY PROGRAM?"

We hold off as long as we can, but sometimes we have to cancel excellent programs because folks waited until the last minute to sign up.

Each program needs a minimum number of participants in order to run. So if a program looks interesting, don't hesitate... register today at www.ParkPASS.org!





Pre-Teens & Teens Ages 13 – 17

Registration is required unless otherwise noted.

ECOTEEN montgomery

Whether crawling through caves, hiking the Appalachian Trail or caring for owls, hawks and eagles, Eco-TEEN Montgomery gets teens outdoors learning about their environment while making a difference through environmentally based service learning projects. Eco-TEEN Montgomery is all about exploring something new, helping the environment, making new friends and (of course!) having fun.

• Searching for Salamanders

In early spring salamanders leave their overwintering spots and head for ponds to lay masses of eggs. We'll head to a nearby conservation park and search its pond for salamanders and eggs. We'll learn about salamander behavior and conduct a survey of the salamanders we find for our park ecologist. SSL-approved. Van transportation provided. Wear long pants and walking shoes; bring water and a bag lunch.

232799 13-17yrs 1 Class \$10 3/26 Tu 11:00am-1:30pm

• Horseshoe Crabs

Springtime in the Mid-Atlantic means it's time for one of the great marvels of nature to display itself—the spawning of the horseshoe crabs. Near the full and new moons of May and early June, hundreds of thousands of horseshoe crabs will make their way on to sandy beaches to spawn. We'll head to the Chesapeake Bay in Calvert County for a chance to see them! Van transportation provided.

232849 14-17yrs 1 Class \$20 5/10 F 7:30pm-11:30pm



Explore WILD MONTGOMERY



FREE! Registration is required.

Explore WILD Montgomery County with a Park Naturalist or a Natural Resource Specialist. Discover beautiful public places close to home and learn fascinating natural history from Park experts. Please print your ParkPASS confirmation receipt for specific directions to the meeting spot and other instructions.

Blockhouse Point

We'll hike about 3.5 miles on natural surface trails, exploring mature woodlands and spring wildflowers while enjoying grand views of the Potomac River. Wear good walking shoes and bring water and a healthy snack. Meet at Blockhouse Point Conservation Area (14750 River Road, Darnestown), in the larger gravel parking lot by the kiosk.

232819 8 & up 1 Class Free 4/2 Tu 12:30pm-2:30pm

Champion Tree Extravaganza

Join Joe Howard of the Montgomery County Forestry Board and Montgomery Parks Forest Ecologist Carole Bergmann for a tour of the area of Montgomery County where most of the champion trees are. No, not the Agricultural Preserve, but Silver Spring! We'll visit the national champion silverbell and blackhaw, a willow oak 18' in circumference, an even bigger red oak, a sourwood, a yellowwood, a sassafras, and a dogwood blooming in a yard full of azaleas. This is only half of the champion trees we hope to see! If we're lucky our visit to the champion deodar cedar will be accompanied by an organ recital of "Trees." Some easy walking will be required. Van transportation provided.

232850 18 & up 1 Class \$25 5/1 W 9:30am-12:30pm

Adults 14 & up

Registration is required unless otherwise noted.

Nature Matters LECTURE SERIES

Spend an evening with researchers and conservationists for an intriguing lecture series focused on local nature and conservation topics. Check-in and refreshments at 6:45pm; lecture begins at 7pm.

How Bugs Make the World Go Round

Insects are the most diverse group of animals on the planet. Learn the important ecosystem services they provide, including pollination and biological control. Come and enjoy their beauty and diversity. Renowned University of Maryland entomology professor **Dr. Mike Raupp** (aka "The Bug Guy") is our speaker this month.

232851 14 & up 1 Class Free 4/17 W 6:45pm-8:00pm



Dr. Mike Raupp

Voices of the Next Generation

Join us for an enlightening evening of presentations from the next generation of environmental stewards. Each year seniors from Poolesville High School's Global Ecology Program identify environmental issues, then design and implement projects to address them. Projects are diverse—from research to the arts—and we're very excited to welcome some of the students to share their discoveries with us.

232852 14 & up 1 Class Free 5/22 W 6:45pm-8:00pm



TRIPS & EXCURSIONS

These trips are lead by experienced Park Naturalists and Horticulturists who will share special insights into the natural history, culture, flora and fauna of your journey.

BROOKSIDE GARDENS

Virginia Garden Week — Fredericksburg

The Rappahannock Valley Garden Club is celebrating its 80th year with a special house and garden tour. It includes five impressive and unique Colonial sites.

- BELMONT was owned by Gari Melchers, an early artist whose wife created an impressive garden planted in colonial revival style.
- BROMPTON, with its informal gardens offers sweeping views and was home to the historic Brompton Oak.
- CHATHAM, Georgian style, is one of America's most beautiful homes, with an exquisite formal garden and a terraced lawn falling to the Rappahannock.
- FALL HILL, renovated along Jeffersonian lines, displays a collection of early clocks, and beautiful gardens surround the house.
- SNOWDEN HOUSE, a Greek revival mansion, sits atop one of the area's highest points with formal gardens considered the most beautiful in Fredericksburg.

Wear low-heeled shoes to protect antique floors. Fee includes coach fare, entrance fees, lunch at La Petite Auberge and a special tea.

231249 18 & up 1 Class \$109 4/23 Tu 8:00am-6:00pm

Northview and Chanticleer Gardens

Two fabulous Pennsylvania gardens will be yours to behold! We'll visit the privately owned garden Northview first; its house was built in 1887 on a 100-acre site. The current owners purchased the property in 1997 and created a series of spectacular, very personal gardens, including the Redbud Allee, Rose Gate Garden, Butterfly Fence, Dry Garden and Fairy Garden. Then we'll head to Chanticleer, with its incredible plant variety and originality. Built as a country retreat in the early 20th century by Adolph Rosengarten, in 1990 the entire property was left to the public for enjoyment and education. Many at Brookside agree that a gardener's life can be described as complete only after visiting Chanticleer, for this garden is the crème de la crème. Fee includes couch transportation, admission fees, tours, and boxed lunch.

231250 18 & up 1 Class \$95 5/22 W 7:30am-6:30pm



Chanticleer Gardens

BLACK HILL VISITOR CENTER

Blackwater Wildlife Refuges' Eagle Festival

Spend the day with us at Blackwater Wildlife Refuge's Annual Eagle Festival on the Eastern Shore. The event offers live raptor programs and demonstrations, an eagle prowl, photography workshop and more. Please dress for the outdoors; it's a rain or shine event. Bring a bag lunch and money for a quick dinner on the way home. Round-trip van transportation provided. **FOBH \$40** Black Hill Visitor Center 230599 18 & up 1 Class \$45 3/9 Sa 6:30am-7:00pm

Birding Trip to Prime Hook Wildlife Refuge

Join us for a day of birding at Prime Hook National Wildlife Refuge on the Delaware Bay. This is peak time for spring migration, among others, snow geese are departing and osprey are arriving. Turtles are emerging from hibernation, and trees and spring ephemerals are beginning to flower. Bring a bag lunch and money for a quick supper on the way home. **FOBH \$40**

231357 18 & up 1 Class \$45 3/14 Th 9:00am-8:00pm

Spring Photography Van Trip

It's time for our annual spring photography trip! Last fall we visited Sugarloaf Mountain, so we'll return to the same areas to see the changes spring has brought, including mountain laurels and spring wildflowers. Bring a picnic lunch and money for ice cream. **FOBH \$18**

231699 18 & up 1 Class \$20 4/17 W 10:00am-2:00pm

Chanticleer Gardens Van Trip

Join us for a house and garden tour of Chanticleer Gardens, located outside of Philadelphia, PA. We'll travel by van to this former estate home of the Rosengarten family and enjoy its unique, whimsical gardens. Fabulous photography opportunities await us, including beautiful sculptures, furniture, fences, and created ruins. Bring a picnic lunch to enjoy on the grounds and money for a light supper on our way home. **FOBH \$40**

230649 18 & up 1 Class \$45 5/2 Th 7:00am-6:00pm

Potomac River Heritage Kayak Trip

The "Nation's River" is an amazing waterway that maintains a near-wilderness quality as it flows between Maryland and Virginia to Georgetown and beyond. Each of our kayaking trips focus on a section of the Potomac or a tributary, giving us the time and luxury of taking a closer look at its natural and cultural history. The exact location of this trip will depend on weather and river conditions on that day. We'll paddle for 3-4 hours on moving water, so you should be proficient at basic strokes and comfortable paddling flat water for a few hours at a time. We'll do a quick review of moving water safety considerations and maneuvers. This is not an instructional course, so if you've never paddled, try Beginning Kayaking first. Fee covers kayaks, paddles, PFDs, a dry bag, and round-trip transportation from Black Hill Regional Park to our river locations. **FOBH \$60.**

231307 18 & up 1 Class \$65 5/18 Sa 8:00am-5:00pm



...at the RINKS

It's the coolest party spot in town! Both rinks have party rooms available to rent at very reasonable hourly rates. Schedule your party time around a public session, buy a couple of discount ticket books, and you've got built-in entertainment. Cabin John's Studio Rink and Wheaton's rink are also available to rent for private parties. See the websites for details and rates, and call us to make your reservation.

www.CabinJohnIce.com | 301-765-8620
www.WheatonIceArena.com | 301-905-3000



...on the COURTS

Saturday night is party time at Pauline Betz Addie Tennis Center and Wheaton Indoor Tennis! From 8pm-midnight on most Saturdays, you can rent half or all of the facility to yourself to play tennis and socialize. Just \$25 a court! (3 court/2-hour minimum). Call us for more information and to reserve a date.

www.CabinJohnTennis.com | 301-765-8650
www.WheatonTennis.com | 301-905-3030



...at the NATURE CENTERS

Our four Nature Centers and Brookside Gardens offer a variety of excellent planned party packages based around different nature themes. Please visit their websites for more information.

www.BlackHillNature.org | www.BrooksideNatureCenter.org
www.LocustGroveNature.org | www.MeadowsideNature.org
www.BrooksideGardens.org



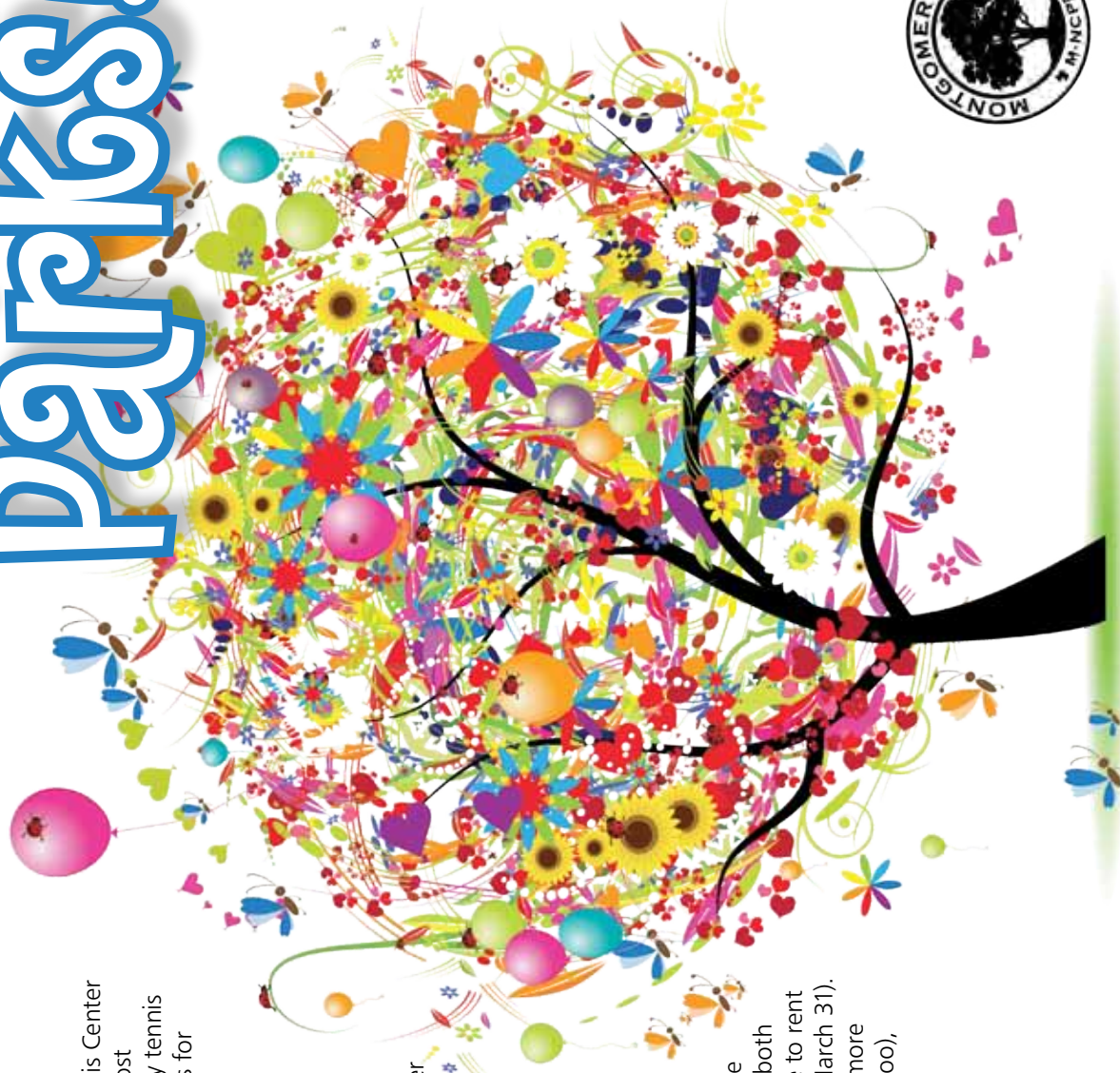
...at the TRAINS

The trains and carousel are put to bed for the winter. But the Train Station Party Rooms at both trains, and the Carousel Party Room at Wheaton are still available to rent throughout the winter—at significantly reduced rates (through March 31). Choose from 2- or 6-hour party packages. Visit the websites for more information (you can download a brochure with an application, too), and call to make a reservation.

www.CabinJohnTrain.com | 301-765-8670
www.WheatonTrainandCarousel.com | 301-942-6703

P.S. We'll begin taking reservations for SPRING 2013 party dates on January 22.

Party in the Parks!



Volunteers In Parks? Naturally!

Who?

- Students
- Retirees
- Working Adults
- College Students
- Families
- Corporations
- Civic Associations
- You!

Why?

- Support your Parks
- Learn new things
- Share your gifts
- Meet new friends
- Build your resume
- Fulfill a service requirement
- Develop your network
- Stay active and involved
- Try a career
- Give back a little
- Give back a lot
- MAKE A DIFFERENCE!

How?

Search by Interest at
ParkVolunteers.org



Search by Interest

[Nature & Environment](#)
[Special Events & Projects](#)
[Gardening & Groundwork](#)
[Trails](#)
[History & Archaeology](#)
[Public Safety](#)
[Sports & Recreation](#)

Montgomery Parks come alive in the Spring, and so do a lot of our volunteer opportunities! March marks the beginning of **Bluebird Monitoring**, April will have lots of **“green” volunteer activities** for Earth Month, and May is the kickoff of the **Wings of Fancy Butterfly Show**. To find links to these and many more long and short term volunteer opportunities, “Search and Apply for Volunteer Opportunities” at www.Parksvolunteers.org.

If you are looking for a longer term volunteer opportunity, we may have just what you are looking for! These are just a few of the positions we are looking to fill.

Bluebird Monitors
 Boat Captains
 Bussard Farmhouse Volunteer Guide
 Butterfly Meadow Gardeners
 Camp Counselors
 Gardeners

Gift Shop Assistants
 Ice Skating Instructor Assistant
 Master Naturalist Training
 Nature/Visitor Center Hosts
 Naturalist Aides
 Nature Exploration Area Stewards

Nature Program Specialists
 Nature Story Time Volunteers
 Oakley Cabin Special Event Assistant
 Trail Groundskeepers
 Underground Railroad Guide



For more information or to apply, visit our website or call:
ParksVolunteers.org 301-495-2504



History in the Spring 2013

Black History Month Celebrations

Josiah Henson Park

11420 Old Georgetown Road
North Bethesda, MD 20852 *

Saturday Guided Tours
"A Walk in Father Henson's Footsteps"

February 2, 9, 16 & 23
FREE, 12:00 pm - 4:00 pm⁺

Retrace the footsteps of Reverend Josiah Henson from his enslavement to escape on the Underground Railroad to freedom in Canada. Walk the grounds where Henson toiled as a slave on the Isaac Riley plantation. Last guided tour begins at 3:00 pm.

"Lyrical Rhythms: The Sounds of Freedom"
Live Spoken Word Poetry Event

Saturday, February 23
FREE, 3:00 pm - 4:00 pm

Create your own "sounds of freedom" in the form of original poetry.

Come prepared to share your poetry. Reception with light refreshments immediately follows. Details are online at HistoryInTheParks.org. Due to the special program, the last tour begins at 2:00 pm.

Opening Day Celebrations

Woodlawn Manor Cultural Park

16501 Norwood Road
Sandy Spring, MD 20860

Special Night Hike on the Underground Railroad Experience Trail: "Voices of the Underground Railroad"

Friday, April 12
7:00 pm - 9:00 pm
Register at ParkPass.org
\$5 per person | Course # **192899**

Journey back to the 1800s during this special night hike and meet persons of the past. Registration required. Tickets NOT available onsite.

Oakley Cabin African American Museum & Park

3610 Brookeville Road
Olney, MD 20832

Guided Cabin Tours and "When Animals Spoke..." Children's Storytelling Program

Saturday, April 13
FREE, 12:00 pm - 4:00 pm

Join us at Oakley Cabin for storytelling, crafts and games for children. Explore an archaeology dig with Parks archaeologists.

Josiah Henson Park*

11420 Old Georgetown Road
North Bethesda, MD 20852

"A Walk in Father Henson's Footsteps" Guided Tours

Sunday, April 14
FREE, 12:00 pm - 4:00 pm⁺

Montgomery County Heritage Days

Saturday, June 29

Underground Railroad Experience Trail Guided Hikes

FREE, 9:00 am - 1:00 pm

Agricultural History Farm Park

FREE, 12:00 pm - 4:00 pm

Blockhouse Point Conservation Park Guided Hikes

FREE, 12:00 pm - 4:00 pm

Kingsley Schoolhouse Open House

FREE, 12:00 pm - 4:00 pm

Oakley Cabin African American Museum & Park

Guided Tours, Living History Demonstrations, Crafts & Activities for children

FREE, 12:00 pm - 4:00 pm

Sunday, June 30

Josiah Henson Park*

"A Walk in Father Henson's Footsteps" Guided Tours

FREE, 12:00 pm - 4:00 pm⁺

* Parking for Josiah Henson Park is available ONLY at the

Kennedy Shriver Aquatic Center
5900 Executive Blvd.

North Bethesda, MD 20852

⁺ Last guided tour begins at 3:00 pm.



HistoryInTheParks.org

Parks

Ongoing Activities

Underground Railroad Experience Trail Guided Hikes

Woodlawn Manor Cultural Park
16501 Norwood Road, Sandy Spring, MD 20860

Saturdays | April 6 – November 2

FREE, Hikes begin at 10:00 am

Hikers learn about various techniques that "freedom seekers" used to elude trackers, find food, and navigate their way North to freedom.

Oakley Cabin Guided Tours

Oakley Cabin African American Museum & Park
3610 Brookeville Road, Olney, MD 20832

Second and Fourth Saturdays

April 13 - November 2

FREE, 12:00 pm - 4:00 pm

Enjoy tours of the historic cabin and learn about the African American experience after the Civil War.

Become a part of history!

If you're interested in agricultural, local and/or African American history and enjoy interacting with the public, consider becoming a trained volunteer tour guide.

Visit our website for more information. Volunteer opportunities meet requirements for SSL hours.

Kingsley Schoolhouse

Open House & Guided Tours

Little Bennett Regional Park

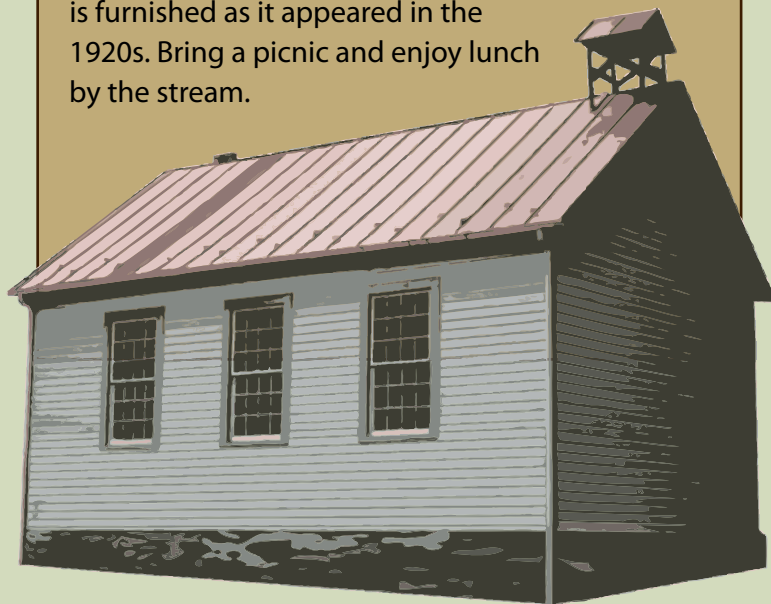
Kingsley Parking Area on Clarksburg Road
Clarksburg, MD 20871

First Sunday each month | May 5 – November 3

FREE, 1:00 pm – 4:00 pm

Come and explore this historic treasure! Kingsley Schoolhouse was built in 1893 and is one of the best remaining examples of a one-room schoolhouse in Montgomery County.

Located in the secluded "Froggy Hollow" section of Little Bennett Regional Park, the schoolhouse is furnished as it appeared in the 1920s. Bring a picnic and enjoy lunch by the stream.



301-650-4373



Think Spring.



South Germantown

Driving Range

OPENING FRIDAY, MARCH 1

See page 139 for more info

www.SGDrivingRange.com

Little Bennett Campground

OPEN MARCH 1 for weekend camping

Full-service camping starts March 29

See page 114 for more info

www.LittleBennettCampground.com

Olney Manor Skate Park

OPENING FRIDAY, MARCH 29

2nd Annual Sk8Fest April 19! See page 151

www.OlneyManorSkate.com



Cabin John Train and Wheaton Train & Carousel

OPEN MARCH 25-APRIL 2 for Spring Break

Open weekends in April

Visit the websites for full schedules

www.CabinJohnTrain.com

www.WheatonTrainandCarousel.com



Lake Needwood Boats

OPENING SATURDAY, MAY 4

Boathouse open weekends until Memorial Day;

mooring sites go on sale February 27

www.LakeNeedwoodBoats.com

Black Hill Boats

OPENING SATURDAY, MAY 4

Boathouse open weekends until Memorial Day;

mooring sites go on sale February 23

www.BlackHillBoats.com

South Germantown

Splash Playground & Mini-Golf

OPENING SATURDAY, MAY 25

for Memorial Day Weekend (May 25-27)

www.SplashandGolf.com



www.MontgomeryParks.org



SOUTH GERMANTOWN Driving RANGE

18045 Central Park Circle | Boyds, MD 20841 | 301-670-4670

www.SGDrivingRange.com | Opens for the season March 1

Let's Golf! Clinics

Come learn or brush up on your golf skills at our weekend clinics! Every weekend we'll teach you a different golf skill. The schedule varies, but we'll definitely cover chipping, putting, pitching, full swings, and more. You'll get personalized instruction, may use all the golf balls you need, and can borrow a club if you need one. Saturday clinics are open to all junior golfers; by popular demand, Sundays are for girls only. **Save \$5 when you register online!** (Same-day registration \$35)

Save \$5
when you
register
online!



• Beginner Clinic

233108	5-17yrs	1 Class	\$30	3/2	Sa	10:00am-11:00am
233109	5-17yrs	1 Class	\$30	3/9	Sa	10:00am-11:00am
233110	5-17yrs	1 Class	\$30	3/16	Sa	10:00am-11:00am
233111	5-17yrs	1 Class	\$30	3/23	Sa	10:00am-11:00am
233112	5-17yrs	1 Class	\$30	3/30	Sa	10:00am-11:00am
233114	5-17yrs	1 Class	\$30	4/6	Sa	10:00am-11:00am
233115	5-17yrs	1 Class	\$30	4/13	Sa	10:00am-11:00am
233116	5-17yrs	1 Class	\$30	4/20	Sa	10:00am-11:00am
233117	5-17yrs	1 Class	\$30	4/27	Sa	10:00am-11:00am
233118	5-17yrs	1 Class	\$30	5/4	Sa	10:00am-11:00am
233119	5-17yrs	1 Class	\$30	5/11	Sa	10:00am-11:00am
233120	5-17yrs	1 Class	\$30	5/18	Sa	10:00am-11:00am
233122	5-17yrs	1 Class	\$30	5/25	Sa	10:00am-11:00am

• Beginner Girls' Clinic

233128	5-17yrs	1 Class	\$30	3/3	Su	10:00am-11:00am
233130	5-17yrs	1 Class	\$30	3/10	Su	10:00am-11:00am
233131	5-17yrs	1 Class	\$30	3/17	Su	10:00am-11:00am
233132	5-17yrs	1 Class	\$30	3/24	Su	10:00am-11:00am
233134	5-17yrs	1 Class	\$30	3/31	Su	10:00am-11:00am
233149	5-17yrs	1 Class	\$30	4/7	Su	10:00am-11:00am
233150	5-17yrs	1 Class	\$30	4/14	Su	10:00am-11:00am
233151	5-17yrs	1 Class	\$30	4/21	Su	10:00am-11:00am
233152	5-17yrs	1 Class	\$30	4/28	Su	10:00am-11:00am
233153	5-17yrs	1 Class	\$30	5/5	Su	10:00am-11:00am
233154	5-17yrs	1 Class	\$30	5/12	Su	10:00am-11:00am
233155	5-17yrs	1 Class	\$30	5/19	Su	10:00am-11:00am
233156	5-17yrs	1 Class	\$30	5/26	Su	10:00am-11:00am

• Intermediate Clinic

233008	5-17yrs	1 Class	\$30	3/2	Sa	9:00am-10:00am
233009	5-17yrs	1 Class	\$30	3/9	Sa	9:00am-10:00am
233010	5-17yrs	1 Class	\$30	3/16	Sa	9:00am-10:00am
233011	5-17yrs	1 Class	\$30	3/23	Sa	9:00am-10:00am
233012	5-17yrs	1 Class	\$30	3/30	Sa	9:00am-10:00am
233013	5-17yrs	1 Class	\$30	4/6	Sa	9:00am-10:00am
233014	5-17yrs	1 Class	\$30	4/13	Sa	9:00am-10:00am
233015	5-17yrs	1 Class	\$30	4/20	Sa	9:00am-10:00am
233053	5-17yrs	1 Class	\$30	4/27	Sa	9:00am-10:00am
233034	5-17yrs	1 Class	\$30	5/4	Sa	9:00am-10:00am
233054	5-17yrs	1 Class	\$30	5/11	Sa	9:00am-10:00am
233055	5-17yrs	1 Class	\$30	5/18	Sa	9:00am-10:00am
233056	5-17yrs	1 Class	\$30	5/25	Sa	9:00am-10:00am

• Intermediate Girls' Clinic

233025	5-17yrs	1 Class	\$30	3/3	Su	9:00am-10:00am
233026	5-17yrs	1 Class	\$30	3/10	Su	9:00am-10:00am
233027	5-17yrs	1 Class	\$30	3/17	Su	9:00am-10:00am
233028	5-17yrs	1 Class	\$30	3/24	Su	9:00am-10:00am
233029	5-17yrs	1 Class	\$30	3/31	Su	9:00am-10:00am
233031	5-17yrs	1 Class	\$30	4/7	Su	9:00am-10:00am
233032	5-17yrs	1 Class	\$30	4/14	Su	9:00am-10:00am
233030	5-17yrs	1 Class	\$30	4/28	Su	9:00am-10:00am
233100	5-17yrs	1 Class	\$30	5/5	Su	9:00am-10:00am
233101	5-17yrs	1 Class	\$30	5/12	Su	9:00am-10:00am
233102	5-17yrs	1 Class	\$30	5/19	Su	9:00am-10:00am
233033	5-17yrs	1 Class	\$30	5/26	Su	9:00am-10:00am

Let's Golf! Clinics continued on next page...

SPRING BREAK GOLF CAMP!

March 25-29, 2013

What a great way for your kids to spend Spring Break! At the Spring Break Golf Camp at South Germantown Driving Range, campers will learn chipping, full swings, bunker play, pitch shots and putting; and play a real 9-hole game at a local golf course on Friday!

The camp is for kids 6-13, and runs 9am-Noon Monday-Thursday, and Friday 8:30am-1pm. The \$200 fee covers professional instruction, tees, and Nike Golf balls.

224650 6-13yrs 5 Classes
\$200 3/25 M-F 9:00am-Noon*

*Friday camp meets 8:30-1:00



Let's Golf! Clinics (cont.)

• Advanced Clinic

232999	5-17yrs	1 Class	\$30	3/2	Sa	8:00am- 9:00am
233000	5-17yrs	1 Class	\$30	3/9	Sa	8:00am- 9:00am
233001	5-17yrs	1 Class	\$30	3/16	Sa	8:00am- 9:00am
233002	5-17yrs	1 Class	\$30	3/23	Sa	8:00am- 9:00am
233003	5-17yrs	1 Class	\$30	3/30	Sa	8:00am- 9:00am
233004	5-17yrs	1 Class	\$30	4/6	Sa	8:00am- 9:00am
233005	5-17yrs	1 Class	\$30	4/13	Sa	8:00am- 9:00am
233006	5-17yrs	1 Class	\$30	4/20	Sa	8:00am- 9:00am
233007	5-17yrs	1 Class	\$30	4/27	Sa	8:00am- 9:00am
233049	5-17yrs	1 Class	\$30	5/4	Sa	8:00am- 9:00am
233050	5-17yrs	1 Class	\$30	5/11	Sa	8:00am- 9:00am
233051	5-17yrs	1 Class	\$30	5/18	Sa	8:00am- 9:00am
233052	5-17yrs	1 Class	\$30	5/25	Sa	8:00am- 9:00am

• Advanced Girls' Clinic

233016	5-17yrs	1 Class	\$30	3/3	Su	8:00am- 9:00am
233017	5-17yrs	1 Class	\$30	3/10	Su	8:00am- 9:00am
233018	5-17yrs	1 Class	\$30	3/17	Su	8:00am- 9:00am
233019	5-17yrs	1 Class	\$30	3/24	Su	8:00am- 9:00am
233020	5-17yrs	1 Class	\$30	3/31	Su	8:00am- 9:00am
233021	5-17yrs	1 Class	\$30	4/7	Su	8:00am- 9:00am
233022	5-17yrs	1 Class	\$30	4/14	Su	8:00am- 9:00am
233023	5-17yrs	1 Class	\$30	4/21	Su	8:00am- 9:00am
233024	5-17yrs	1 Class	\$30	4/28	Su	8:00am- 9:00am
233057	5-17yrs	1 Class	\$30	5/5	Su	8:00am- 9:00am
233058	5-17yrs	1 Class	\$30	5/12	Su	8:00am- 9:00am
233059	5-17yrs	1 Class	\$30	5/19	Su	8:00am- 9:00am
233060	5-17yrs	1 Class	\$30	5/26	Su	8:00am- 9:00am

• Adult Clinic

233126	18 & up	1 Class	\$30	3/3	Su	11:00am-12:00pm
233157	18 & up	1 Class	\$30	3/10	Su	11:00am-12:00pm
233158	18 & up	1 Class	\$30	3/17	Su	11:00am-12:00pm
233159	18 & up	1 Class	\$30	3/24	Su	11:00am-12:00pm
233160	18 & up	1 Class	\$30	3/31	Su	11:00am-12:00pm
233162	18 & up	1 Class	\$30	4/7	Su	11:00am-12:00pm
233163	18 & up	1 Class	\$30	4/14	Su	11:00am-12:00pm
233164	18 & up	1 Class	\$30	4/21	Su	11:00am-12:00pm
233165	18 & up	1 Class	\$30	4/28	Su	11:00am-12:00pm
233167	18 & up	1 Class	\$30	5/5	Su	11:00am-12:00pm
233168	18 & up	1 Class	\$30	5/12	Su	11:00am-12:00pm
233169	18 & up	1 Class	\$30	5/19	Su	11:00am-12:00pm
233170	18 & up	1 Class	\$30	5/26	Su	11:00am-12:00pm

South Germantown DRIVING RANGE HOURS

March 1 - April 30

Monday-Friday	11am-9pm
Saturday & Sunday	8am-10pm

May 1 - August 31

Monday-Friday	9am-10pm
Saturday & Sunday	7am-10pm



Facility Features

- PGA certified instructors
- 40 tee boxes
- Sand trap training area
Practice your bunker game and hit balls onto the range
- Synthetic turf putting green
- Elevated greens on range
Work on both distance and accuracy as you shoot for the greens instead of distance markers
- 4 MEGSA stations
- Updated clubhouse with restroom and Direct TV

Great Prices

Get this year's range balls and discount cards at last year's prices. Visit our website for **Range Ball Discount Cards** (save up to 40%!)

Great Specials

- **Early Bird Special**
*Half-price buckets of balls
Saturdays and Sundays, 7am-9am*
- **Lunch Special**
*Half-price buckets of balls
Monday-Friday, 11am-1pm*

Please bookmark our webpage in your "Favorite Places"

www.SGDrivingRange.com

The website "GermantownGolfPark.com" is owned by the previous operator of the facility and is no longer valid or accurate.



Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD 20852
301-765-8620
www.CabinJohnIce.com



Wheaton Ice Arena
11717 Orebaugh Avenue
Wheaton, MD 20902
301-905-3000
www.WheatonIceArena.com



Like both rinks (and Montgomery Parks) on



Follow "WheatonIce" on



ICE SKATING & HOCKEY GROUP LESSONS Registration Info

» FOUR WAYS TO REGISTER «

- Online at www.ParkPASS.org
- By phone (automated) at 301-670-6858 (have your ParkPASS account information handy).
- In person at the rinks until 9pm daily (no phone registrations can be taken at the rinks).
- Mail registration form and payment to the rinks. (Checks/money orders only; no cash or credit cards)

» REGISTRATION DATES «

- Registration opens **April 23** (for Montgomery County residents) and **April 24** (for all), and runs through **May 2**.
- Beginning **May 3**, register in person only at the rink (a non-refundable \$10 service fee applies).
- Spring classes run May 4 through June 17.

» COURSE FEES COVER «

- Six lessons (15, 30 or 45 minutes, depending on class)
- A practice card good for admission to 3, 6 or 9 practice sessions (depending on your class) during public skating sessions. Practice cards are valid during the 6-week lesson period until the start of the next lesson period. Practice cards are non-transferable and non-refundable, and lost cards cannot be replaced.
- Use of rental skates for lessons and practices.

» PLEASE NOTE «

- There are no make-ups or refunds for missed lessons.
- Please read course descriptions carefully, and select courses that match students' ability and experience. At the end of each class, the instructor will tell each student if he or she is ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.
- Transfer requests will incur a \$5 processing fee. No transfers can be made after the second class has met.

ON YOUR FIRST DAY OF CLASS...

- Wear one pair of thin socks.
- Helmets and gloves are highly recommended for your safety.
- Arrive at the rink 30 minutes early for your first lesson, and 15-20 minutes early for subsequent classes.
- Pick up your practice card at the front desk at the rink.
- Pick up your skates at the skate exchange. Ask for one size smaller than your **sneaker size**. You'll have better balance and protection against injuries.



DATES TO NOTE

No Classes at both rinks...

- Saturday, May 25 through Monday, May 27

Both rinks are Closed...

- Easter Sunday (March 31)
- Memorial Day weekend (May 25-27)

SPECIAL NEEDS

Montgomery Parks encourages and supports the participation of individuals with disabilities. In order to make reasonable accommodations based on individuals' needs and abilities, please register at least two weeks before your class starts, and request accommodation at that time.



Ice Skating

Tot Ice Skating

The Tot ice skating curriculum is designed for children ages 3-4 who would like to gain skating experience. Classes cover falling down and getting up, marching, swizzles, two-foot glide and snow plow stop. *Bicycle helmets are strongly recommended for beginners.*

Tot 1

Learn the proper way to fall down and stand up, march in place, and march while moving. Proper skate fitting will be covered also. *Bicycle helmets are strongly recommended for beginners.*

Cabin John Ice Rink

232413	3-4yrs	6 Classes	\$96	5/4	Sa	8:30am- 9:00am
232410	3-4yrs	6 Classes	\$96	5/4	Sa	11:00am-11:30am
232411	3-4yrs	6 Classes	\$96	5/4	Sa	2:30pm- 3:00pm
232412	3-4yrs	6 Classes	\$96	5/5	Su	1:00pm- 1:30pm
232414	3-4yrs	6 Classes	\$96	5/6	M	3:45pm- 4:15pm
232415	3-4yrs	6 Classes	\$96	5/7	Tu	1:30pm- 2:00pm
232407	3-4yrs	6 Classes	\$96	5/8	W	1:30pm- 2:00pm
232409	3-4yrs	6 Classes	\$96	5/10	F	9:45am-10:15am
232408	3-4yrs	6 Classes	\$96	5/10	F	1:00pm- 1:30pm

Wheaton Ice Arena

232304	3-4yrs	6 Classes	\$96	5/4	Sa	10:15am-10:45am
232305	3-4yrs	6 Classes	\$96	5/5	Su	1:30pm- 2:00pm

Tot 2 Prerequisite: Passed Tot 1

Learn two-foot jump in place, forward swizzles (moving and standing still), two-foot glide, and backwards wiggling. *Bicycle helmets are recommended.*

Cabin John Ice Rink

232417	3-4yrs	6 Classes	\$96	5/4	Sa	8:30am- 9:00am
232422	3-4yrs	6 Classes	\$96	5/4	Sa	11:45am-12:15pm
232418	3-4yrs	6 Classes	\$96	5/5	Su	11:30am-12:00pm
232419	3-4yrs	6 Classes	\$96	5/5	Su	1:30pm- 2:00pm
232423	3-4yrs	6 Classes	\$96	5/6	M	1:00pm- 1:30pm
232420	3-4yrs	6 Classes	\$96	5/6	M	4:15pm- 4:45pm
232421	3-4yrs	6 Classes	\$96	5/7	Tu	10:00am-10:30am
232416	3-4yrs	6 Classes	\$96	5/10	F	1:30pm- 2:00pm

Wheaton Ice Arena

232306	3-4yrs	6 Classes	\$96	5/4	Sa	10:15am-10:45am
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Tot 3 Prerequisite: Passed Tot 2

Learn backward swizzles, one-foot glides, push and glide stroking, and stopping.

Cabin John Ice Rink

232428	3-4yrs	6 Classes	\$96	5/4	Sa	9:00am- 9:30am
232425	3-4yrs	6 Classes	\$96	5/4	Sa	12:45pm- 1:15pm
232426	3-4yrs	6 Classes	\$96	5/5	Su	2:15pm- 2:45pm
232427	3-4yrs	6 Classes	\$96	5/7	Tu	10:30am-11:00am
232424	3-4yrs	6 Classes	\$96	5/8	W	1:00pm- 1:30pm

Parent & Tot Ice Skating

Skating is lots of fun, and great exercise for you and your child! This class teaches toddlers (ages 3-5) beginning skating skills, with Mom or Dad right there to help them feel safe. We'll teach your child how to fall down and get up, march in place, and march while moving on the ice. *Please note: You'll need basic skating skills since you'll be participating with your child on ice. Bicycle helmets recommended. Fee covers one child and one parent; please register the child only.*

Cabin John Ice Rink

232399	3-5yrs	6 Classes	\$96	5/4	Sa	9:00am- 9:30am
232402	3-5yrs	6 Classes	\$96	5/4	Sa	10:00am-10:30am
232400	3-5yrs	6 Classes	\$96	5/4	Sa	11:45am-12:15pm
232403	3-5yrs	6 Classes	\$96	5/4	Sa	2:00pm- 2:30pm
232404	3-5yrs	6 Classes	\$96	5/5	Su	11:30am-12:00pm
232405	3-5yrs	6 Classes	\$96	5/5	Su	2:45pm- 3:15pm
232406	3-5yrs	6 Classes	\$96	5/7	Tu	1:00pm- 1:30pm
232401	3-5yrs	6 Classes	\$96	5/10	F	9:45am-10:15am

Wheaton Ice Arena

232302	3-5yrs	6 Classes	\$96	5/4	Sa	10:15am-10:45am
232303	3-5yrs	6 Classes	\$96	5/5	Su	2:00pm- 2:30pm

Pre-Alpha (Level 1)

Pre-Alpha classes are designed for beginners, or people with minimal ice skating experience, age 4 and up. Learn how to properly tie and fit skates, fall down and get up, march and glide on two feet, swizzle forward and in place, hop, and wiggle backward.

Pre-Alpha, Preschool (Level 1)

Cabin John Ice Rink

232448	4-6yrs	6 Classes	\$96	5/4	Sa	9:30am-10:00am
232429	4-6yrs	6 Classes	\$96	5/4	Sa	10:00am-10:30am
232430	4-6yrs	6 Classes	\$96	5/4	Sa	1:15pm- 1:45pm
232431	4-6yrs	6 Classes	\$96	5/4	Sa	3:00pm- 3:30pm
232432	4-6yrs	6 Classes	\$96	5/5	Su	12:30pm- 1:00pm
232433	4-6yrs	6 Classes	\$96	5/5	Su	2:45pm- 3:15pm
232434	4-6yrs	6 Classes	\$96	5/5	Su	3:45pm- 4:15pm
232435	4-6yrs	6 Classes	\$96	5/6	M	1:30pm- 2:00pm
232436	4-6yrs	6 Classes	\$96	5/6	M	3:45pm- 4:15pm
232437	4-6yrs	6 Classes	\$96	5/6	M	4:45pm- 5:15pm
232438	4-6yrs	6 Classes	\$96	5/7	Tu	10:00am-10:30am
232439	4-6yrs	6 Classes	\$96	5/7	Tu	4:00pm- 4:30pm
232440	4-6yrs	6 Classes	\$96	5/7	Tu	5:00pm- 5:30pm
232441	4-6yrs	6 Classes	\$96	5/8	W	1:30pm- 2:00pm
232442	4-6yrs	6 Classes	\$96	5/8	W	3:45pm- 4:15pm
232449	4-6yrs	6 Classes	\$96	5/8	W	5:15pm- 5:45pm
232443	4-6yrs	6 Classes	\$96	5/9	Th	4:00pm- 4:30pm
232444	4-6yrs	6 Classes	\$96	5/9	Th	5:30pm- 6:00pm
232445	4-6yrs	6 Classes	\$96	5/10	F	1:00pm- 1:30pm
232446	4-6yrs	6 Classes	\$96	5/10	F	4:00pm- 4:30pm
232447	4-6yrs	6 Classes	\$96	5/10	F	5:00pm- 5:30pm

Wheaton Ice Arena

232311	4-6yrs	6 Classes	\$96	5/4	Sa	10:15am-10:45am
232312	4-6yrs	6 Classes	\$96	5/4	Sa	11:45am-12:15pm
232313	4-6yrs	6 Classes	\$96	5/5	Su	1:00pm- 1:30pm
232314	4-6yrs	6 Classes	\$96	5/5	Su	3:15pm- 3:45pm
232315	4-6yrs	6 Classes	\$96	5/9	Th	5:00pm- 5:30pm
232316	4-6yrs	6 Classes	\$96	5/10	F	5:15pm- 5:45pm



ST. PATRICK'S DAY SKATE

Wear something green or Irish and skate for just **\$6.50** (covers admission and skates).

WHEATON ICE
SUNDAY,
MARCH 17
2:45-4:45PM

CABIN JOHN
SUNDAY,
MARCH 17
4:30-6:30PM



Pre-Alpha, Youth (Level 1)**Cabin John Ice Rink**

232456	6-12yrs	6 Classes	\$96	5/4	Sa	9:30am-10:00am
232465	6-12yrs	6 Classes	\$96	5/4	Sa	11:00am-11:30am
232457	6-12yrs	6 Classes	\$96	5/4	Sa	12:45pm- 1:15pm
232458	6-12yrs	6 Classes	\$96	5/4	Sa	3:00pm- 3:30pm
232459	6-12yrs	6 Classes	\$96	5/5	Su	12:00pm-12:30pm
232466	6-12yrs	6 Classes	\$96	5/5	Su	1:30pm- 2:00pm
232460	6-12yrs	6 Classes	\$96	5/5	Su	3:45pm- 4:15pm
232461	6-12yrs	6 Classes	\$96	5/6	M	4:15pm- 4:45pm
232450	6-12yrs	6 Classes	\$96	5/6	M	5:15pm- 5:45pm
232452	6-12yrs	6 Classes	\$96	5/7	Tu	4:00pm- 4:30pm
232451	6-12yrs	6 Classes	\$96	5/7	Tu	5:00pm- 5:30pm
232463	6-12yrs	6 Classes	\$96	5/8	W	4:15pm- 4:45pm
232462	6-12yrs	6 Classes	\$96	5/8	W	5:45pm- 6:15pm
232464	6-12yrs	6 Classes	\$96	5/9	Th	4:00pm- 4:30pm
232453	6-12yrs	6 Classes	\$96	5/9	Th	5:00pm- 5:30pm
232454	6-12yrs	6 Classes	\$96	5/10	F	4:00pm- 4:30pm
232455	6-12yrs	6 Classes	\$96	5/10	F	5:00pm- 5:30pm

Wheaton Ice Arena

232318	6-12yrs	6 Classes	\$96	5/4	Sa	10:15am-10:45am
232319	6-12yrs	6 Classes	\$96	5/4	Sa	11:45am-12:15pm
232320	6-12yrs	6 Classes	\$96	5/5	Su	1:00pm- 1:30pm
232321	6-12yrs	6 Classes	\$96	5/5	Su	3:15pm- 3:45pm
232322	6-12yrs	6 Classes	\$96	5/9	Th	5:00pm- 5:30pm
232323	6-12yrs	6 Classes	\$96	5/10	F	5:15pm- 5:45pm

Pre-Alpha, Teen/Adult (Level 1)**Cabin John Ice Rink**

232467	12 & up	6 Classes	\$96	5/4	Sa	8:30am- 9:00am
232468	12 & up	6 Classes	\$96	5/6	M	12:30pm- 1:00pm
232469	12 & up	6 Classes	\$96	5/9	Th	7:15pm- 7:45pm

Wheaton Ice Arena

232331	12 & up	6 Classes	\$96	5/4	Sa	11:15am-11:45am
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Pre-Alpha PLUS (Level 2)*Prerequisite: Passed Pre-Alpha (Level 1)*

Learn one-foot glides, forward swizzles with a two-foot glide, backward swizzles, two-foot turns, alternating one-foot pumping, and snowplow stops.

Pre-Alpha PLUS, Preschool (Level 2)**Cabin John Ice Rink**

232471	4-6yrs	6 Classes	\$96	5/4	Sa	9:30am-10:00am
232472	4-6yrs	6 Classes	\$96	5/4	Sa	11:45am-12:15pm
232473	4-6yrs	6 Classes	\$96	5/4	Sa	2:00pm- 2:30pm
232474	4-6yrs	6 Classes	\$96	5/5	Su	11:30am-12:00pm
232475	4-6yrs	6 Classes	\$96	5/5	Su	2:15pm- 2:45pm
232476	4-6yrs	6 Classes	\$96	5/5	Su	4:15pm- 4:45pm
232477	4-6yrs	6 Classes	\$96	5/6	M	1:00pm- 1:30pm
232478	4-6yrs	6 Classes	\$96	5/6	M	3:45pm- 4:15pm
232479	4-6yrs	6 Classes	\$96	5/7	Tu	10:30am-11:00am
232480	4-6yrs	6 Classes	\$96	5/7	Tu	4:00pm- 4:30pm
232481	4-6yrs	6 Classes	\$96	5/8	W	1:00pm- 1:30pm
232482	4-6yrs	6 Classes	\$96	5/8	W	3:45pm- 4:15pm
232483	4-6yrs	6 Classes	\$96	5/9	Th	4:30pm- 5:00pm
232484	4-6yrs	6 Classes	\$96	5/10	F	4:00pm- 4:30pm
232470	4-6yrs	6 Classes	\$96	5/10	F	5:00pm- 5:30pm

Pre-Alpha PLUS, Preschool (cont.)**Wheaton Ice Arena**

232333	4-6yrs	6 Classes	\$96	5/4	Sa	10:45am-11:15am
232334	4-6yrs	6 Classes	\$96	5/4	Sa	11:45am-12:15pm
232335	4-6yrs	6 Classes	\$96	5/5	Su	2:45pm- 3:15pm
232336	4-6yrs	6 Classes	\$96	5/9	Th	5:30pm- 6:00pm
232337	4-6yrs	6 Classes	\$96	5/10	F	5:45pm- 6:15pm

Pre-Alpha PLUS, Youth (Level 2)**Cabin John Ice Rink**

232490	6-12yrs	6 Classes	\$96	5/4	Sa	9:00am- 9:30am
232491	6-12yrs	6 Classes	\$96	5/4	Sa	11:00am-11:30am
232499	6-12yrs	6 Classes	\$96	5/4	Sa	1:15pm- 1:45pm
232492	6-12yrs	6 Classes	\$96	5/4	Sa	2:30pm- 3:00pm
232493	6-12yrs	6 Classes	\$96	5/5	Su	12:00pm-12:30pm
232494	6-12yrs	6 Classes	\$96	5/5	Su	1:30pm- 2:00pm
232497	6-12yrs	6 Classes	\$96	5/5	Su	1:30pm- 2:00pm
232495	6-12yrs	6 Classes	\$96	5/5	Su	3:15pm- 3:45pm
232485	6-12yrs	6 Classes	\$96	5/6	M	4:15pm- 4:45pm
232487	6-12yrs	6 Classes	\$96	5/6	M	5:45pm- 6:15pm
232486	6-12yrs	6 Classes	\$96	5/7	Tu	4:30pm- 5:00pm
232498	6-12yrs	6 Classes	\$96	5/8	W	4:45pm- 5:15pm
232496	6-12yrs	6 Classes	\$96	5/8	W	5:45pm- 6:15pm
232488	6-12yrs	6 Classes	\$96	5/9	Th	4:00pm- 4:30pm
232489	6-12yrs	6 Classes	\$96	5/10	F	4:00pm- 4:30pm

Wheaton Ice Arena

232338	6-12yrs	6 Classes	\$96	5/4	Sa	10:45am-11:15am
232339	6-12yrs	6 Classes	\$96	5/4	Sa	11:45am-12:15pm
232340	6-12yrs	6 Classes	\$96	5/5	Su	2:45pm- 3:15pm
232341	6-12yrs	6 Classes	\$96	5/9	Th	5:30pm- 6:00pm
232342	6-12yrs	6 Classes	\$96	5/10	F	5:45pm- 6:15pm

Pre-Alpha PLUS, Teen/Adult (Level 2)**Cabin John Ice Rink**

232500	12 & up	6 Classes	\$96	5/4	Sa	8:30am- 9:00am
232501	12 & up	6 Classes	\$96	5/6	M	12:30pm- 1:00pm
232502	12 & up	6 Classes	\$96	5/9	Th	7:15pm- 7:45pm

Wheaton Ice Arena

232343	12 & up	6 Classes	\$96	5/4	Sa	11:15am-11:45am
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Ice Skating



Want to learn how to skate in HOCKEY skates? See page 147 for the "Pre-Alpha for Hockey" classes!

Get some new-to-you clothes and recycle yours at the

Wheaton Ice CLOTHING SWAP

Saturday, April 27 • Noon-6pm

Celebrate Earth Month by bringing your lightly used, clean clothes (kids', women's or men's) to swap, and "shopping" for treasures. It's green and glamorous.

After you shop, come skate!

2 CHEAPSKATE SESSIONS that day

12:30-2:30 and 4-6pm

Just \$6.50 for admission & skates





Ice Skating



Spring Bunny Hop

Spring surprises and fun for all!
Just **\$6.50** gets you in skates and on the ice.

CABIN JOHN
SATURDAY,
MARCH 30
NOON-2PM

WHEATON ICE
SATURDAY,
MARCH 30
4-6PM

Alpha (Level 3)

Prerequisite: Passed Pre-Alpha Plus (Level 2)

Learn forward stroking, forward one-foot pumping and edges on the circle, forward crossovers, backward swizzles to two-foot and one-foot glides, and an optional two-foot spin.

Alpha, Preschool (Level 3)

Cabin John Ice Rink

232507	4-6yrs	6 Classes	\$96	5/4	Sa	9:30am-10:00am
232508	4-6yrs	6 Classes	\$96	5/4	Sa	12:15pm-12:45pm
232509	4-6yrs	6 Classes	\$96	5/5	Su	1:00pm-1:30pm
232503	4-6yrs	6 Classes	\$96	5/5	Su	3:15pm-3:45pm
232504	4-6yrs	6 Classes	\$96	5/8	W	4:45pm-5:15pm
232505	4-6yrs	6 Classes	\$96	5/9	Th	4:30pm-5:00pm
232506	4-6yrs	6 Classes	\$96	5/10	F	4:00pm-4:30pm

Alpha, Youth (Level 3)

Cabin John Ice Rink

232517	6-12yrs	6 Classes	\$96	5/4	Sa	9:30am-10:00am
232518	6-12yrs	6 Classes	\$96	5/4	Sa	12:15pm-12:45pm
232519	6-12yrs	6 Classes	\$96	5/4	Sa	2:30pm-3:00pm
232510	6-12yrs	6 Classes	\$96	5/5	Su	1:00pm-1:30pm
232511	6-12yrs	6 Classes	\$96	5/5	Su	3:15pm-3:45pm
232513	6-12yrs	6 Classes	\$96	5/6	M	4:45pm-5:15pm
232512	6-12yrs	6 Classes	\$96	5/7	Tu	4:30pm-5:00pm
232514	6-12yrs	6 Classes	\$96	5/8	W	4:45pm-5:15pm
232515	6-12yrs	6 Classes	\$96	5/9	Th	4:30pm-5:00pm
232516	6-12yrs	6 Classes	\$96	5/10	F	4:00pm-4:30pm

Alpha, Teen/Adult (Level 3)

Cabin John Ice Rink

232520	12 & up	6 Classes	\$96	5/4	Sa	9:00am-9:30am
232521	12 & up	6 Classes	\$96	5/6	M	12:00pm-12:30pm
232522	12 & up	6 Classes	\$96	5/9	Th	7:45pm-8:15pm

Alpha, All Ages (Level 3)

Wheaton Ice Arena

232344	4 & up	6 Classes	\$96	5/4	Sa	10:45am-11:15am
232345	4 & up	6 Classes	\$96	5/5	Su	1:00pm-1:30pm
232346	4 & up	6 Classes	\$96	5/5	Su	2:00pm-2:30pm
232347	4 & up	6 Classes	\$96	5/9	Th	4:30pm-5:00pm
232348	4 & up	6 Classes	\$96	5/10	F	4:45pm-5:15pm

Beta (Level 4) *Prerequisite: Passed Alpha (Level 3)*

Learn backward stroking, backward one-foot glides, back pumping on the circle, backward crossovers, moving forward to backward two-foot turn, and hockey stops. Review forward crossovers, and begin consecutive forward outside edges on a line.

Beta, Preschool (Level 4)

Cabin John Ice Rink

232525	4-6yrs	6 Classes	\$96	5/4	Sa	9:00am-9:30am
232526	4-6yrs	6 Classes	\$96	5/5	Su	12:30pm-1:00pm
232523	4-6yrs	6 Classes	\$96	5/6	M	5:15pm-5:45pm
232524	4-6yrs	6 Classes	\$96	5/10	F	4:00pm-4:30pm

Beta, Youth (Level 4)

Cabin John Ice Rink

232532	6-12yrs	6 Classes	\$96	5/4	Sa	9:00am-9:30am
232533	6-12yrs	6 Classes	\$96	5/4	Sa	12:15pm-12:45pm
232534	6-12yrs	6 Classes	\$96	5/4	Sa	2:00pm-2:30pm
232535	6-12yrs	6 Classes	\$96	5/5	Su	12:30pm-1:00pm
232536	6-12yrs	6 Classes	\$96	5/5	Su	2:45pm-3:15pm
232527	6-12yrs	6 Classes	\$96	5/6	M	5:15pm-5:45pm
232528	6-12yrs	6 Classes	\$96	5/7	Tu	4:30pm-5:00pm
232529	6-12yrs	6 Classes	\$96	5/8	W	4:15pm-4:45pm
232530	6-12yrs	6 Classes	\$96	5/9	Th	5:30pm-6:00pm
232531	6-12yrs	6 Classes	\$96	5/10	F	4:00pm-4:30pm

Beta, Teen/Adult (Level 4)

Cabin John Ice Rink

232537	12 & up	6 Classes	\$96	5/4	Sa	9:00am-9:30am
232538	12 & up	6 Classes	\$96	5/6	M	12:00pm-12:30pm
232539	12 & up	6 Classes	\$96	5/9	Th	7:45pm-8:15pm

Beta, All Ages (Level 4)

Wheaton Ice Arena

232350	4 & up	6 Classes	\$96	5/4	Sa	10:45am-11:15am
232351	4 & up	6 Classes	\$96	5/5	Su	1:30pm-2:00pm
232352	4 & up	6 Classes	\$96	5/9	Th	6:15pm-6:45pm

Gamma (Level 5)

Prerequisite: Passed Beta (Level 4)

Complete forward outside edges on the line, forward outside 3-turns, backward outside and inside edges on the circle, and backward stopping. Skills for figure skaters: two-foot to one-foot spin, side toe-hop, and forward inside pivots.

Gamma, All Ages (Level 5)

Cabin John Ice Rink

22540	4 & up	6 Classes	\$96	5/4	Sa	9:30am-10:00am
232544	4 & up	6 Classes	\$96	5/4	Sa	12:45pm-1:15pm
232545	4 & up	6 Classes	\$96	5/4	Sa	2:30pm-3:00pm
232546	4 & up	6 Classes	\$96	5/5	Su	12:00pm-12:30pm
232547	4 & up	6 Classes	\$96	5/5	Su	3:45pm-4:15pm
232548	4 & up	6 Classes	\$96	5/6	M	5:45pm-6:15pm
232541	4 & up	6 Classes	\$96	5/8	W	5:15pm-5:45pm
232542	4 & up	6 Classes	\$96	5/9	Th	5:00pm-5:30pm
232543	4 & up	6 Classes	\$96	5/10	F	4:30pm-5:00pm

Wheaton Ice Arena

232353	4 & up	6 Classes	\$96	5/4	Sa	11:15am-11:45am
232354	4 & up	6 Classes	\$96	5/5	Su	2:00pm-2:30pm
232355	4 & up	6 Classes	\$96	5/9	Th	6:45pm-7:15pm

Gamma Teen/Adult (Level 5)

Cabin John Ice

232550	12 & up	6 Classes	\$96	5/6	M	11:30am-12:00pm
232549	12 & up	6 Classes	\$96	5/9	Th	8:15pm-8:45pm

Delta (Level 6)

Prerequisite: Passed Gamma (Level 5)

Learn backward to forward two-foot turns, forward inside three-turns, forward inside edges on the line, T-stops and lunges; and review forward and backward crossovers. Skills for figure skaters: bunny-hops, spiral, shoot the duck or lunge, and ballet jump.

Delta, All Ages (Level 6)

Cabin John Ice Rink

232554	4 & up	6 Classes	\$96	5/4	Sa	9:30am-10:00am
232555	4 & up	6 Classes	\$96	5/4	Sa	1:15pm-1:45pm
232556	4 & up	6 Classes	\$96	5/5	Su	2:15pm-2:45pm
232557	4 & up	6 Classes	\$96	5/6	M	5:45pm-6:15pm
232551	4 & up	6 Classes	\$96	5/8	W	5:15pm-5:45pm
232552	4 & up	6 Classes	\$96	5/9	Th	5:00pm-5:30pm
232553	4 & up	6 Classes	\$96	5/10	F	4:30pm-5:00pm

Wheaton Ice Arena

232356	4 & up	6 Classes	\$96	5/4	Sa	11:15am-11:45am
232357	4 & up	6 Classes	\$96	5/5	Su	2:00pm-2:30pm
232358	4 & up	6 Classes	\$96	5/9	Th	6:45pm-7:15pm

Delta Teen/Adult (Level 6)

Cabin John Ice Rink

232559	12 & up	6 Classes	\$96	5/6	M	11:30am-12:00pm
232558	12 & up	6 Classes	\$96	5/9	Th	8:15pm-8:45pm

Freestyle

Introduction to Freestyle

Prerequisite: Passed Delta (Level 6)

This course bridges the gap between basic group lesson skills and Freestyle skating. We'll cover advanced forward stroking, backward outside edges on the line, mohawks, one-foot spins with crossed-leg position, moving forward outside and inside three-turns, mazurka, landing positions, waltz jumps, and freestyle etiquette. We'll place special emphasis on edges, and the flow between elements.

Cabin John Ice Rink

232561	5 & up	6 Classes	\$144	5/4	Sa	11:00am-11:45am
232560	5 & up	6 Classes	\$144	5/4	Sa	3:30pm-4:15pm
232562	5 & up	6 Classes	\$144	5/6	M	6:30pm-7:15pm

Wheaton Ice Arena

232359	5 & up	6 Classes	\$96	5/5	Su	1:30pm-2:00pm
232360	5 & up	6 Classes	\$96	5/9	Th	6:15pm-6:45pm

Freestyle 1 *Prerequisite: Passed Intro to Freestyle*

We'll cover a 10-step mohawk sequence, forward and backward crossover patterns in a figure 8, backward inside edges on a line; and introduce skaters to a backward outside three-turn, advanced forward one-foot (scratch) spin, half-flip, and waltz jump from backward crossovers.

Cabin John Ice Rink

232563	5 & up	6 Classes	\$144	5/4	Sa	10:15am-11:00am
232564	5 & up	6 Classes	\$144	5/4	Sa	11:00am-11:45am
232565	5 & up	6 Classes	\$144	5/6	M	7:15pm-8:00pm
232566	5 & up	6 Classes	\$144	5/8	W	6:30pm-7:15pm

Wheaton Ice Arena

232361	5 & up	6 Classes	\$96	5/9	Th	6:15pm-6:45pm
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Freestyle 2 *Prerequisite: Passed Freestyle 1*

Learn forward spirals from outside and inside edges, waltz-jump combination sequence, toe-loop, half-lutz, beginning back spin, and backward outside three-turn. Ice dancing skills will also be covered.

Cabin John Ice Rink

232569	5 & up	6 Classes	\$144	5/4	Sa	11:00am-11:45am
232570	5 & up	6 Classes	\$144	5/8	W	7:15pm-8:00pm

Wheaton Ice Arena

232362	5 & up	6 Classes	\$96	5/9	Th	6:15pm-6:45pm
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Freestyle 3 *Prerequisite: Passed Freestyle 2*

Learn the waltz eight, backward inside three-turns, a salchow, a new waltz jump combination sequence, and forward swing rolls; and master the back spin.

Cabin John Ice Rink

232571	5 & up	6 Classes	\$144	5/4	Sa	10:15am-11:00am
232572	5 & up	6 Classes	\$144	5/6	M	8:00pm-8:45pm

Wheaton Ice Arena

232363	5 & up	6 Classes	\$96	5/9	Th	7:15pm-7:45pm
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Freestyle 4 *Prerequisite: Passed Freestyle 3*

Learn forward power three-turns, backward progressive chasse sequence, loop jump, sit spin, and backward spirals (both feet, both edges).

Cabin John Ice Rink

232573	5 & up	6 Classes	\$144	5/4	Sa	10:15am-11:00am
232574	5 & up	6 Classes	\$144	5/6	M	8:45pm-9:30pm

Wheaton Ice Arena

232364	5 & up	6 Classes	\$96	5/9	Th	7:15pm-7:45pm
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Freestyle 5 *Prerequisite: Passed Freestyle 4*

Learn the backward mohawk sequence, a spiral sequence, waltz, loop jump combination, flip jump, camel spin, and forward to backward spin.

Cabin John Ice Rink

232575	5 & up	6 Classes	\$144	5/4	Sa	11:00am-11:45am
232576	5 & up	6 Classes	\$144	5/6	M	8:45pm-9:30pm

Wheaton Ice Arena

232365	5 & up	6 Classes	\$96	5/9	Th	7:15pm-7:45pm
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Freestyle 6 *Prerequisite: Passed Freestyle 5*

Learn alternating back crossovers to back outside extension, five-step mohawk sequence, loop-loop-jump combo, lutz, axel walk-through and preparation, split jump/stag jump/falling leaf, and camel-sit spin combo.

Cabin John Ice Rink

232577	5 & up	6 Classes	\$144	5/4	Sa	11:00am-11:45am
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Wheaton Ice Arena

232366	5 & up	6 Classes	\$96	5/9	Th	7:15pm-7:45pm
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Freestyle 7 *Prerequisite: Passed Freestyle 6*

Students will learn advanced jumps and combination spins, and increase their fluidity on the ice through practicing moves and edges.

Cabin John Ice Rink

232579	5 & up	6 Classes	\$144	5/4	Sa	11:00am-11:45am
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Ice Skating



Mother's Day Skate

Bring Mom out to the rink for a spin on the ice on her big day! She'll skate FREE (including skate rental) during this special session with one paid admission.

Sunday, May 12

CABIN JOHN ICE
12:30-2:30pm

WHEATON ICE
11am-12:45pm



Ice Skating

Specialty Offerings

Moves/Edges

In this series of classes, skaters will work on power, edge quality, extension of line, quick and precise skating movements, and USFS Moves in the Field patterns. Please note the specific prerequisite for each course level.

- **All Levels** *Prerequisite: Passed Delta or higher*
Skaters will be grouped by skill level when class begins.

Wheaton Ice Arena

232367 4 & up 6 Classes \$96 5/9 Th 6:45pm-7:15pm

- **Beginner** *Prerequisite: Passed Delta*

Cabin John Ice Rink

232581 5 & up 6 Classes \$144 5/4 Sa 10:15am-11:00am

232580 8 & up 6 Classes \$144 5/9 Th 10:00am-10:45am

- **Advanced** *Prerequisite: Passed Intro to Freestyle or the USFS Pre-Preliminary Moves test*

Cabin John Ice Rink

232582 5 & up 6 Classes \$144 5/4 Sa 10:15am-11:00am

232583 5 & up 6 Classes \$144 5/9 Th 9:15am-10:00am

- **Advanced Adult** *Prerequisite: Passed Intro to Freestyle or the USFS Pre-Preliminary Moves test*

Wheaton Ice Arena

232368 18 & up 6 Classes \$96 5/9 Th 6:45pm-7:15pm

Just Scratch Spins

Prerequisite: Passed Introduction to Freestyle
Having trouble with the scratch spin? This course will help you master it! We recommend taking it along with your current Freestyle class.

Cabin John Ice Rink

232567 5 & up 6 Classes \$144 5/4 Sa 10:15am-11:00am

Just Axels

Prerequisite: Passed Freestyle 5 or instructor's permission
The primary focus of this course is the walk-through, preparation, and execution of the axel jump.

Cabin John Ice Rink

232578 5 & up 6 Classes \$144 5/4 Sa 10:15am-11:00am

Just \$6.50
for admission
& skates!

SPRING BREAK "CHEEP" SKATES at wheaton ice arena

March 25—29 and April 1—2

Visit WheatonIceArena.com for session times

Ice Dancing Fundamentals

Prerequisite: Passed Gamma (Level 5), or equivalent skating ability

Introduction to basic ice dancing steps, including progressives, chasses, swing rolls, three-turns and mohawks. Partnering, posture, dance positions and timing will also be covered. We'll combine all these elements to do the Dutch Waltz, Canasta Tango, Rhythm Blues and Swing Dance.

Cabin John Ice Rink

232899 6 & up 6 Classes \$144 5/4 Sa 11:00am-11:45am

Ice Show Choreography Class

Prerequisite: Passed Beta

Learn a new skating program to perform during Cabin John's Spring Show on Saturday, May 18. Skaters will form small groups and create routines to music of their choice with the help of instructors.

Cabin John Ice Rink

232949 All Ages 3 Classes \$48 5/2 Th 6:30pm-7:15pm

Off-Ice Conditioning for Skaters*

Throughout the year, we'll offer a variety of different off-ice classes to help you improve your skating, overall health and well-being. You'll receive professional instruction in a fun, encouraging atmosphere.

• Balance, Core & Stability

Recommended for Freestyle Skaters

Strength matters in skating! Our instructors will demonstrate and lead you through single joint, multi-joint, and power exercises. You'll strengthen your core muscles, which will improve your balance and overall performance on the ice. Please wear tennis or athletic shoes and skating or workout clothes, and bring something to keep your hair off your face and neck.

Cabin John Ice Rink

232589 8 & up 6 Classes \$84 5/4 Sa 9:15am-10:00am

232590 8 & up 6 Classes \$84 5/4 Sa 10:00am-10:45am

232591 8 & up 6 Classes \$84 5/6 M 6:15pm-7:00pm

*Ask at the rink or visit www.CabinJohnIce.com for more great off-ice classes for skaters that may be offered, including **Agility & Power**, **Flexibility for Skaters**, and **Core Strength & Stability**.



Parent & Tot Hockey

Prerequisite: Passed Tot 1 or 2

What's more fun than learning to pass the puck to Mom or Dad? This course is a great introduction to hockey for parents and their children, ages 3-5. We'll cover basic skating and stick handling skills. *Please register the child only; fee covers one child and one parent. Required equipment: Caged hockey helmet; elbow pads; hockey gloves; shin guards; flat stick cut to skater's height. Rental skates are included in fee.*

Cabin John Ice Rink

232596	3-5yrs	6 Classes	\$96	5/4	Sa	9:30am-10:00am
232597	3-5yrs	6 Classes	\$96	5/4	Sa	10:30am-11:00am
232598	3-5yrs	6 Classes	\$96	5/5	Su	4:15pm- 4:45pm

Wheaton Ice Arena

232301	3-5yrs	6 Classes	\$96	5/4	Sa	10:45am-11:15am
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Pre-Alpha for Hockey

Learn to skate in *hockey skates!* In this beginning ice skating class designed specifically for people who want to play hockey, you'll learn how to properly tie and fit skates, fall down and get up, march, glide on two feet, swizzle forward and wiggle backward—all in hockey skates.

Required equipment: *Helmet (bicycle helmets okay); rental hockey skates are included in fee.*

Cabin John Ice Rink

232620	4-6yrs	6 Classes	\$96	5/4	Sa	10:00am-10:30am
232618	4-6yrs	6 Classes	\$96	5/6	M	4:15pm- 4:45pm
232619	6-12yrs	6 Classes	\$96	5/4	Sa	11:00am-11:30am

Wheaton Ice Arena

232307	4 & up	6 Classes	\$96	5/4	Sa	11:45am-12:15pm
232308	4 & up	6 Classes	\$96	5/5	Su	1:30pm- 2:00pm

Mitey Mites Hockey 1

Prerequisite: Passed Pre-Alpha or Tot 3 in hockey skates
Learn how to hold a stick correctly, stand in place and hop, forward skate using both feet with a glide, snowplow stop, beginning pushing off inside edge, forward swizzles, back wiggles, one-foot glide and falling down/standing up quickly.

Required equipment: *Caged hockey helmet; elbow pads; hockey gloves; shin guards; flat stick cut to skater's height. Rental hockey skates are included in fee.*

Cabin John Ice Rink

232601	4-8yrs	6 Classes	\$96	5/4	Sa	9:00am- 9:30am
232600	4-8yrs	6 Classes	\$96	5/4	Sa	10:30am-11:00am
232602	4-8yrs	6 Classes	\$96	5/7	Tu	5:00pm- 5:30pm
232599	4-8yrs	6 Classes	\$96	5/10	F	4:30pm- 5:00pm

Mitey Mites Hockey 2

Prerequisite: Passed Pre-Alpha Plus in hockey skates, or Mighty Mites 1
Learn one-foot strides, one-foot snowplow stops, forward crossover walks, one-foot glides, forward swizzles with glide inbetween, back swizzles, and an intro to forward C-cuts.

Required equipment: *Same as Mitey Mites 1*

Cabin John Ice Rink

232604	4-8yrs	6 Classes	\$144	5/4	Sa	10:00am-10:45am
232607	4-8yrs	6 Classes	\$144	5/4	Sa	8:30am- 9:15am
232608	4-8yrs	6 Classes	\$144	5/7	Tu	5:30pm- 6:15pm
232606	4-8yrs	6 Classes	\$144	5/9	Th	6:00pm- 6:45pm
232603	4-8yrs	6 Classes	\$144	5/10	F	5:30pm- 6:15pm
232605	4-8yrs	6 Classes	\$96	5/4	Sa	10:30am-11:00am

Mitey Mites Hockey 3

Prerequisite: Passed MM2
We'll cover back swizzles with two-foot glide, forward C-cut and forward crossovers; and introduce forward power turns, hockey stops, backward C-cuts, and backward skating. **Required equipment:** *Same as Mitey Mites 1 & 2. Recommended: Cup, and hockey pants.*

Cabin John Ice Rink

232612	4-8yrs	6 Classes	\$144	5/4	Sa	7:45am- 8:30am
232609	4-8yrs	6 Classes	\$144	5/7	Tu	5:30pm- 6:15pm
232611	4-8yrs	6 Classes	\$144	5/9	Th	6:00pm- 6:45pm
232610	4-8yrs	6 Classes	\$144	5/10	F	5:30pm- 6:15pm

Mitey Mites Hockey 4

Prerequisite: Passed MM3
We'll cover forward crossovers in a figure-8 pattern, back C-cuts, back crossovers on a circle, hockey stop, and back V-stop. **Required equipment:** *Caged hockey helmet; shoulder and elbow pads; hockey gloves and pants; cup; shin guards; curved stick cut to skater's height. Rental hockey skates are included in fee.*

Cabin John Ice Rink

232614	4-8yrs	6 Classes	\$144	5/4	Sa	7:45am- 8:30am
232615	4-8yrs	6 Classes	\$144	5/7	Tu	6:15pm- 7:00pm
232613	4-8yrs	6 Classes	\$144	5/10	F	3:45pm- 4:30pm

Mitey Mites Hockey 5

Prerequisite: Passed MM4
We'll cover forward power skating with proper strides, alternating forward crossovers, back crossovers in a figure-8 pattern and on a circle, forward edges, two-foot turns, back inside mohawks, backward crossovers straight down the ice, and power turns on proper edges. **Required equipment:** *Full gear (same as Mitey Mites 4). Rental hockey skates included in fee.*

Cabin John Ice Rink

232616	4-8yrs	6 Classes	\$144	5/4	Sa	7:45am- 8:30am
232617	4-8yrs	6 Classes	\$144	5/7	Tu	6:15pm- 7:00pm

Hockey 1

Prerequisite: Passed Pre-Alpha (Level 1) in hockey skates
Learn forward stroking, a one-foot stride with recovery, forward two-foot swizzles with a glide, one-foot glide, walking crossovers, snowplow stop, backward swizzles, forward C-cuts, and a one-foot stride on a circle.

Required equipment: *Caged hockey helmet; elbow pads; hockey gloves; shin guards; flat stick cut to skater's height. Rental hockey skates included in fee. Recommended: Cup.*

Cabin John Ice Rink

232621	9-13yrs	6 Classes	\$144	5/4	Sa	8:30am- 9:15am
232622	9-13yrs	6 Classes	\$144	5/5	Su	4:15pm- 5:00pm

Wheaton Ice Arena

Get a FREE Washington Capitals jersey when you sign up for Hockey 1 at Wheaton Ice Arena! Plus, see the blue box on page 148 for information on how to register to use hockey equipment free of charge for your Hockey 1 course at Wheaton Ice Arena.

232309	4 & up	6 Classes	\$96	5/4	Sa	10:15am-10:45am
232310	4 & up	6 Classes	\$96	5/5	Su	1:00pm- 1:30pm



Cabin John Ice SPRING SHOW

Saturday, May 18
6:30-9:00pm

Come and marvel at the talented figure skaters of Cabin John Ice as they perform at the annual Spring Skating Show.

This free event will feature both individual and exciting group performances. Join us!





FULL HOCKEY GEAR INCLUDES

- Caged hockey helmet
- Shoulder pads
- Elbow pads
- Hockey pants
- Shin guards
- Hockey gloves
- Protective cup
- Curved stick cut to skater's height
- Hockey skates

Rental skates are available at no extra charge with your class!

Hockey 2 Prerequisite: Passed Hockey 1

Learn forward skating with recovery alternating feet, forward C-cuts on a circle, forward crossovers, one-foot snowplow stops and back swizzles with a two-foot glide. We'll also introduce back C-cuts, forward crossovers on a figure eight, and forward edges.

Required equipment: Same as Hockey 1, plus cup. Rental hockey skates included in fee.

Cabin John Ice Rink

232623 9-13yrs 6 Classes \$144 5/4 Sa 8:30am-9:15am

Wheaton Ice Arena

See the blue box below for information on how to register to use hockey equipment **free of charge** for your Hockey 2 course at Wheaton Ice...

232317 4 & up 6 Classes \$96 5/5 Su 2:00pm-2:30pm

Hockey 3 Prerequisite: Passed Hockey 2

Prerequisite: Passed Alpha or above in hockey skates. We'll cover back C-cuts with a glide, back skating, back crossovers on a circle and straight down the ice, hockey stops, back V-stops, power turns, two-foot 3-turns and backward one-foot glides.

Full gear required: Caged helmet; shoulder pads; elbow pads; hockey gloves and pants; cup; shin guards; curved stick cut to skater's height. Rental hockey skates included in fee.

Cabin John Ice Rink

232624 9-13yrs 6 Classes \$144 5/4 Sa 7:45am-8:30am

Wheaton Ice Arena

232330 4 & up 6 Classes \$96 5/5 Su 1:30pm-2:00pm

Hockey: Teen/Adult

Prerequisite: Passed Pre-Alpha Plus in hockey skates. Learn the fundamentals of hockey skating, including forward and backward crossovers, stops, stick handling and passing.

***Full gear required.** Rental hockey skates included in fee.

Cabin John Ice Rink

232625 11 & up 6 Classes \$144 5/9 Th 8:45pm-9:30pm

Wheaton Ice Arena

232332 11 & up 6 Classes \$96 5/4 Sa 11:15am-11:45am

Power Skating for Hockey Prerequisite:

Passed Alpha (Level 3) or Mitey Mites 2 or Hockey 2. Build on the fundamentals of hockey and take your skating skills to the next level! We'll emphasize speed, quickness, power, and technique. ***Full gear required.** Rental hockey skates included in fee.

Cabin John Ice Rink 15-Minute Power Drills

232626 4 & up 6 Classes \$48 5/7 Tu 7:00pm-7:15pm

232627 4 & up 6 Classes \$48 5/9 Th 6:45pm-7:00pm

Wheaton Ice Arena

232349 4 & up 6 Classes \$96 5/5 Su 1:00pm-1:30pm

THANKS TO THE WASHINGTON

capitals



FREE Hockey Equipment Rentals at Wheaton Ice!

Thanks to the Washington Capitals, Wheaton Ice Arena has a supply of hockey equipment available to our students for use **at no cost** during Wheaton's 6-week Hockey 1 or Hockey 2 classes.

Equipment fits kids age 4-6 or 6-8, and includes shoulder and elbow pads, hockey pants and gloves, shin guards and adjustable helmet. Please contact the rink to confirm correct sizing. You'll return all equipment after each class, and pick it up again before your next class. Supplies are limited, so use the ParkPASS numbers below to register for equipment *after* you register for Hockey 1 or 2 at Wheaton Ice.

• Ice Hockey Equipment Rental: Small

Wheaton Ice Arena only; fits kids age 4-6

232324 4-6yrs 6 Classes \$0 5/4 Sa 10:15am-10:45am

232326 4-6yrs 6 Classes \$0 5/5 Su 1:00pm-1:30pm

232328 4-6yrs 6 Classes \$0 5/5 Su 2:00pm-2:30pm

• Ice Hockey Equipment Rental: Large

Wheaton Ice Arena only; fits kids age 6-8

232325 6-8yrs 6 Classes \$0 5/4 Sa 10:15am-10:45am

232327 6-8yrs 6 Classes \$0 5/5 Su 1:00pm-1:30pm

232329 6-8yrs 6 Classes \$0 5/5 Su 2:00pm-2:30pm

Introduction to Goaltending

Prerequisite: Passed Mitey Mites 2 or Hockey 2

Interested in becoming a goalie? This introductory level course will teach you the basic skills.

Full gear required. Rental hockey skates included in fee.

Cabin John Ice Rink

232628 4 & up 6 Classes \$144 5/7 Tu 7:15pm-8:00pm

Scrimmage 1

Prerequisite: Passed Mitey Mites 2/Hockey 2

Learn the rules of hockey and crucial elements of the game in this hands-on instructional class. Skaters will learn hockey rules, improve their skills, and practice in a series of scrimmages. Recommended for skaters who are currently enrolled in Mitey Mites 3/Hockey 2 or higher.

***Full gear required, including caged hockey helmet; no game experience needed.**

Cabin John Ice Rink

232629 4-8yrs 6 Classes \$144 5/4 Sa 8:30am-9:15am

232630 9-13yrs 6 Classes \$144 5/7 Tu 6:15pm-7:00pm

Don't forget

HOCKEY WEEKEND February 15-17 ACROSS AMERICA



Enjoy **2-FOR-1 SKATING** at both rinks on Friday, February 15.

Visit the rinks' websites for session times. Or **TRY HOCKEY for FREE**

on Saturday, February 16 at Wheaton Ice! Sign up for ParkPASS #224749.

You're invited to compete in the very first

Cabin John Ice INVITATIONAL

Saturday, March 23 • 9am - 4pm

Have you ever skated in a competition? Here's your chance to compete in a low-pressure, supportive environment and get your first competition under your belt! If you participate in any group skating class at either Cabin John Ice Rink or Wheaton Ice Arena in the Fall 2012 or Winter 2013 sessions, you're eligible to compete in the inaugural Cabin John Ice Invitational.

Competition categories include...

- Compulsory Skills events for levels Tot 1 through Freestyle 7
- Freestyle program events (for all Freestyle levels)
- Jumps & Spins Maneuver Team Events for Freestyle Skaters

Entry Fee

\$20-\$30

depending
on category

See complete information on the competition and download an entry form today at

www.CabinJohnIce.com or www.WheatonIceArena.com

Completed competition entry forms must be received by **February 28, 2013**.

Late entries will not be accepted. Entry forms must be dropped off at Cabin John Ice Rink or mailed to:

Cabin John Ice Rink | 10610 Westlake Dr. | Rockville, MD 20852

No School?
parkplayday
No Problem!

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), Park Play Days are on. Bring your kids (ages 6-12) for a Park Play Day full of activities, including an ice skating lesson, arts & crafts, and fun team games and sports.

Cabin John Ice Rink

224299	6-12yrs	1 Class	\$40	3/25	M	9:00am- 5:00pm
224300	6-12yrs	1 Class	\$40	3/26	Tu	9:00am- 5:00pm
224301	6-12yrs	1 Class	\$40	3/27	W	9:00am- 5:00pm
224302	6-12yrs	1 Class	\$40	3/28	Th	9:00am- 5:00pm
224303	6-12yrs	1 Class	\$40	3/29	F	9:00am- 5:00pm

Wheaton Ice Arena

224304	6-12yrs	1 Class	\$40	3/22	F	9:00am- 5:00pm
224306	6-12yrs	1 Class	\$40	4/1	M	9:00am- 5:00pm
224307	6-12yrs	1 Class	\$40	4/2	Tu	9:00am- 5:00pm

NOW OPEN in Wheaton Regional Park—
Montgomery Parks' great new
COVERED multi-purpose sports field.



COACHES
Get your team
under our roof!
Call 301-905-3070
to **BOOK** your
DATES

- 200' x 85' COVERED field
- Open year-round
- State-of-the-art synthetic turf
- Soccer, lacrosse & futsal lines sewn in
- Goals provided
- Dasher boards and scoreboard
- Bleachers & team benches
- Sound system & Wi-Fi
- 4 team rooms available
- Referee room & First Aid room

FEEES \$75/hour for half-field
\$100-\$125 hour for full field*

* See the website for more information.

Save the Date! **SPRING OPEN HOUSE**
Sunday, March 17, 1-3pm • Games, Giveaways & Fun

WHEATON
SPORTS
PAVILION
SOCCER FUTSAL LACROSSE





SKATEPARK

SKATEBOARDING CLASSES

Skateboarding for Beginners

This class is xtreme fun for the beginning rider! Learn how to push, ride, tack turn (Tic-Tac), kick turn, rock-'n'-roll, rock-to-fakie, ride fakie, and make a safe approach to ramps. We'll emphasize skate park safety, and work on increasing your confidence and riding within one's ability. Class includes both instruction and skateboard games. *No prerequisite. Instructor will work with various levels of beginners. Required equipment: Skateboard, skateboard helmet, knee and elbow pads; wrist guards recommended. Please bring water. Classes canceled due to inclement weather will be made up by adding an additional week. Questions? Call 703-994-7617.*

Olney Manor Skate Park

232370 9-12yrs 5 Classes \$68 5/5 Su 9:00am-10:00am
232369 5-8yrs 5 Classes \$68 5/5 Su 10:15am-11:15am

← BONUS!

Stick around after class and get **FREE** admission to the Parent & Child session that same day when you sign up for Skateboarding for Beginners class. (9am folks, come back around 11:30 and we'll let you in!)

SKATE FEES

Same rates for the 3rd year!

Entrance Fees

Day Pass (1 Visit)	\$ 5.00
15-Visit Pass (FSP)	\$33.00
30-Visit Pass (FSP)	\$60.00
45-Visit Pass (FSP)	\$81.00
2012 Season Pass (unlimited visits for one season)	\$85.00

- The 15-Visit, 30-Visit and 45-Visit "Frequent Skater" Passes (FSP) may be used by both you **and** your guests. You have to be there for your guests to use your pass.
- The 15-Visit, 30-Visit and 45-Visit "Frequent Skater" Passes have *no expiration date* and are good from season to season until all visits are used.

3 CONTESTS—1 ENTRY FEE

THE GAME IS S-K-8

H-O-R-S-E on a skateboard

SKATE PARK BOWL JAM

You've got 45 seconds to impress the judges in the park's insane bowl. Go.

BEST 1-MINUTE KATE PARK RUN

Show the judges what you can do in the whole park in one minute.

\$10 for all 3 contests if you register at ParkPASS.org for course #235199 by April 15. After April 15, the fee is \$15.

- LIVE MUSIC
- PRIZES for winners in each contest
- T-SHIRTS & TREATS for contestants



SKATEPARK

SK8FEST

2ND ANNUAL

**Friday, April 19
6:30-10pm**

Other regulations and contest rules apply; visit OlneyManorSkate.com for all the details.

Co-sponsored by



www.AmericanInline.com

¡Se habla Rock!

ROCKETERIA
★ WWW.ROCKETERIA.BIZ ★



SPRING BREAK in Montgomery Parks



Registration opens **JANUARY 9/10** for all of these great Spring Break activities, so mark your calendars!



SPRING WEEK IN THE PARK

March 25-29, 2013

It's time for spring fun and games at the SPRING session of Week in the Park! Kids will enjoy professional tennis and ice skating lessons, take nature walks, ride the Wheaton Miniature Train and Ovid Hazen Wells Carousel, and much more. Be sure to wear your walking shoes!

224305 6-12yrs 5 Classes \$245 3/25-3/29 M-F 9am-5pm

SPRING BREAK GOLF CAMP

South Germantown Driving Range
March 25-29, 2013

What a great way for your kids to spend Spring Break! At the Spring Break Golf Camp at South Germantown Driving Range, campers will learn chipping, full swings, bunker play, pitch shots and putting; and play a real 9-hole game!

The camp is for kids 6-13, and runs 9am-Noon Monday-Thursday, and Friday 8:30am-1pm. The \$200 fee covers professional instruction, tees, and Nike Golf balls. Call us with questions at 301-670-4670, and save the date!

224650 6-13yrs 5 Classes \$200 3/25-3/29 M-Th 9am-Noon
F 8:30am-1:00pm



No School?
parkplayday
No Problem!

SPRING 2013

No school? No problem! On many of the days Montgomery County Public Schools are off (teacher training days, etc.), **Park Play Days** are on. Bring your kids for a Park Play Day full of activities, including ice skating lessons, arts & crafts, and fun team games and sports.

Cabin John Ice Rink

224299	6-12yrs	\$40	1 Class	3/25	M	9:00am-5:00pm
224300	6-12yrs	\$40	1 Class	3/26	Tu	9:00am-5:00pm
224301	6-12yrs	\$40	1 Class	3/27	W	9:00am-5:00pm
224302	6-12yrs	\$40	1 Class	3/28	Th	9:00am-5:00pm
224303	6-12yrs	\$40	1 Class	3/29	F	9:00am-5:00pm

Wheaton Ice Arena

224304	6-12yrs	\$40	1 Class	3/22	F	9:00am-5:00pm
224306	6-12yrs	\$40	1 Class	4/1	M	9:00am-5:00pm
224307	6-12yrs	\$40	1 Class	4/2	Tu	9:00am-5:00pm



www.CabinJohnTrain.com
www.WheatonTrainandCarousel.com

ALL ABOARD!

Cabin John and Wheaton Miniature Trains

Monday, March 25 - Tuesday, April 2, 10am-6pm

Both of our miniature trains will be ready to roll during Spring Break! Please check the trains' websites or Facebook pages for weather-related updates. Tickets are \$1.75, and children under age 2 ride free with a paying adult.





Pauline Betz Addie Tennis Center
at Cabin John Regional Park
 7801 Democracy Blvd.
 Bethesda, MD 20817
 301-765-8650
CabinJohnTennis.com



Wheaton Indoor Tennis
 Wheaton Regional Park
 11715 Orebaugh Avenue
 Wheaton, MD 20902
 301-905-3030
WheatonTennis.com



USTA 10 and Under Tennis



This ground-breaking new program from the United States Tennis Association gives kids age 10 and under the opportunity to learn real tennis...and have real fun doing it!

Using the QuickStart Tennis play format, classes use racquets, balls and courts sized just right for kids—so

they learn, rally, play, compete and enjoy the game right from the start. The courts are smaller (but still to scale); balls are lighter, slower-moving and easier to hit; racquets are smaller and lighter. It's *real* tennis, tailored to a child's size (other youth sports like soccer, basketball and baseball have done this for years!). All equipment is provided in the course fee.

All classes include warm-up and cool-down activities, skill review and practice, and team games that reinforce tennis skills and tactics. For more information, visit www.10andUnderTennis.com, and sign up for a class today at www.ParkPASS.org

• Ages 4-6

Pauline Betz Addie Tennis / Cabin John

224095	4-6yrs	6 Classes	\$132	4/2	Tu	4:00- 5:00pm
224094	4-6yrs	6 Classes	\$132	4/3	W	4:00- 5:00pm
224086	4-6yrs	6 Classes	\$132	4/6	Sa	9:00-10:00am
224087	4-6yrs	6 Classes	\$132	4/6	Sa	10:00-11:00am
224088	4-6yrs	6 Classes	\$132	4/6	Sa	11:00am- Noon
224089	4-6yrs	6 Classes	\$132	4/7	Su	11:00am- Noon
224090	4-6yrs	6 Classes	\$132	4/7	Su	Noon- 1:00pm
224091	4-6yrs	6 Classes	\$132	4/7	Su	1:00- 2:00pm
224100	4-6yrs	6 Classes	\$132	5/14	Tu	4:00- 5:00pm
224096	4-6yrs	6 Classes	\$132	5/18	Sa	9:00-10:00am
224097	4-6yrs	6 Classes	\$132	5/18	Sa	10:00-11:00am
224098	4-6yrs	6 Classes	\$132	5/18	Sa	11:00am- Noon
224102	4-6yrs	6 Classes	\$132	5/19	Su	11:00am- Noon
224103	4-6yrs	6 Classes	\$132	5/19	Su	Noon- 1:00pm
224401	4-6yrs	6 Classes	\$132	5/19	Su	1:00- 2:00pm

Wheaton Indoor Tennis

229635	4-6yrs	6 Classes	\$108	4/2	Tu	5:00- 6:00pm
229636	4-6yrs	6 Classes	\$108	4/3	W	4:00- 5:00pm
229628	4-6yrs	6 Classes	\$108	4/4	Th	5:00- 6:00pm
229629	4-6yrs	6 Classes	\$108	4/5	F	4:00- 5:00pm
229630	4-6yrs	6 Classes	\$108	4/6	Sa	9:00- 10:00am
229631	4-6yrs	6 Classes	\$108	4/6	Sa	10:00- 11:00am
229632	4-6yrs	6 Classes	\$108	4/6	Sa	1:00- 2:00pm
229633	4-6yrs	6 Classes	\$108	4/7	Su	10:00- 11:00am
229634	4-6yrs	6 Classes	\$108	4/8	M	4:00- 5:00pm
229731	4-6yrs	6 Classes	\$108	5/14	Tu	5:00- 6:00pm
229732	4-6yrs	6 Classes	\$108	5/15	W	4:00- 5:00pm

Wheaton Indoor Tennis (cont.)

229724	4-6yrs	6 Classes	\$108	5/16	Th	5:00- 6:00pm
229725	4-6yrs	6 Classes	\$108	5/17	F	4:00- 5:00pm
229726	4-6yrs	6 Classes	\$108	5/18	Sa	9:00- 10:00am
229727	4-6yrs	6 Classes	\$108	5/18	Sa	10:00- 11:00am
229728	4-6yrs	6 Classes	\$108	5/18	Sa	1:00- 2:00pm
229729	4-6yrs	6 Classes	\$108	5/19	Su	10:00- 11:00am
229730	4-6yrs	6 Classes	\$108	5/20	M	4:00- 5:00pm

• Ages 7-10

Pauline Betz Addie Tennis / Cabin John

224108	7-10yrs	6 Classes	\$132	4/2	Tu	5:00- 6:00pm
224109	7-10yrs	6 Classes	\$132	4/3	W	5:00- 6:00pm
224106	7-10yrs	6 Classes	\$132	4/4	Th	5:00- 6:00pm
224107	7-10yrs	6 Classes	\$132	4/5	F	4:00- 5:00pm
224110	7-10yrs	6 Classes	\$132	4/6	Sa	9:00-10:00am
224111	7-10yrs	6 Classes	\$132	4/6	Sa	11:00am- Noon
224399	7-10yrs	6 Classes	\$132	4/6	Sa	Noon- 1:00pm
224112	7-10yrs	6 Classes	\$132	4/6	Sa	3:00- 4:00pm
224113	7-10yrs	6 Classes	\$132	4/7	Su	11:00am- Noon
224114	7-10yrs	6 Classes	\$132	4/7	Su	3:00- 4:00pm
224120	7-10yrs	6 Classes	\$132	5/14	Tu	5:00- 6:00pm
224121	7-10yrs	6 Classes	\$132	5/15	W	5:00- 6:00pm
224115	7-10yrs	6 Classes	\$132	5/16	Th	5:00- 6:00pm
224116	7-10yrs	6 Classes	\$132	5/17	F	4:00- 5:00pm
224117	7-10yrs	6 Classes	\$132	5/18	Sa	9:00-10:00am
224118	7-10yrs	6 Classes	\$132	5/18	Sa	11:00am- Noon
224400	7-10yrs	6 Classes	\$132	5/18	Sa	Noon- 1:00pm
224119	7-10yrs	6 Classes	\$132	5/18	Sa	3:00- 4:00pm
224123	7-10yrs	6 Classes	\$132	5/19	Su	11:00am- Noon
224122	7-10yrs	6 Classes	\$132	5/19	Su	3:00- 4:00pm

Wheaton Indoor Tennis

229643	7-10yrs	6 Classes	\$108	4/2	Tu	4:00- 5:00pm
229638	7-10yrs	6 Classes	\$108	4/4	Th	4:00- 5:00pm
229644	7-10yrs	6 Classes	\$108	4/4	Th	5:00- 6:00pm
229639	7-10yrs	6 Classes	\$108	4/5	F	5:00- 6:00pm
229637	7-10yrs	6 Classes	\$108	4/6	Sa	9:00-10:00am
229640	7-10yrs	6 Classes	\$108	4/7	Su	11:00am- Noon
229641	7-10yrs	6 Classes	\$108	4/7	Su	3:00- 4:00pm
229642	7-10yrs	6 Classes	\$108	4/8	M	5:00- 6:00pm
229739	7-10yrs	6 Classes	\$108	5/14	Tu	4:00- 5:00pm
229734	7-10yrs	6 Classes	\$108	5/16	Th	4:00- 5:00pm
229740	7-10yrs	6 Classes	\$108	5/16	Th	5:00- 6:00pm
229735	7-10yrs	6 Classes	\$108	5/17	F	5:00- 6:00pm
229733	7-10yrs	6 Classes	\$108	5/18	Sa	9:00-10:00am
229736	7-10yrs	6 Classes	\$108	5/19	Su	11:00am- Noon
229737	7-10yrs	6 Classes	\$108	5/19	Su	3:00- 4:00pm
229738	7-10yrs	6 Classes	\$108	5/20	M	5:00- 6:00pm



INDOOR Tennis REGISTRATION DATES

Registration opens
MARCH 20/21*
 for **SPRING 1** session
 (starting in April)

Registration opens
MAY 5/6*
 for **SPRING 2** session
 (starting in May)

* First registration date listed above is for Montgomery County residents; second date is open to all.



Parent & Child Tennis

Bring your 5-8 year-old and have fun learning fundamental tennis skills together. We'll teach Beginner/ Beginner Plus level skills and drills that can be continued outside of class. *Fee covers one parent and one child; please register the child only.*

Pauline Betz Addie Tennis / Cabin John

224037	5-8yrs	6 Classes	\$144	4/5	F	4:00- 5:00pm
224039	5-8yrs	6 Classes	\$144	4/6	Sa	1:00- 2:00pm
224036	5-8yrs	6 Classes	\$144	4/8	M	5:00- 6:00pm
224040	5-8yrs	6 Classes	\$144	5/17	F	4:00- 5:00pm
224041	5-8yrs	6 Classes	\$144	5/18	Sa	1:00- 2:00pm
224042	5-8yrs	6 Classes	\$144	5/20	M	5:00- 6:00pm

Wheaton Indoor Tennis

229612	5-8yrs	6 Classes	\$126	4/2	Tu	6:00- 7:00pm
229608	5-8yrs	6 Classes	\$126	4/4	Th	6:00- 7:00pm
229609	5-8yrs	6 Classes	\$126	4/6	Sa	11:00am- Noon
229610	5-8yrs	6 Classes	\$126	4/6	Sa	Noon- 1:00pm
229613	5-8yrs	6 Classes	\$126	4/7	Su	10:00- 11:00am
229611	5-8yrs	6 Classes	\$126	4/7	Su	2:00- 3:00pm
229708	5-8yrs	6 Classes	\$126	5/14	Tu	6:00- 7:00pm
229704	5-8yrs	6 Classes	\$126	5/16	Th	6:00- 7:00pm
229705	5-8yrs	6 Classes	\$126	5/18	Sa	11:00am- Noon
229706	5-8yrs	6 Classes	\$126	5/18	Sa	Noon- 1:00pm
229709	5-8yrs	6 Classes	\$126	5/19	Su	10:00- 11:00am
229707	5-8yrs	6 Classes	\$126	5/19	Su	2:00- 3:00pm

Parent & Pre-Teen Tennis

For parents and their 9- to 12-year-old children; see "Parent & Child Tennis" for class description. Have fun learning tennis together! *Fee covers one parent and one child; register child only.*

Wheaton Indoor Tennis

229618	9-12yrs	6 Classes	\$126	4/2	Tu	6:00- 7:00pm
229614	9-12yrs	6 Classes	\$126	4/4	Th	6:00- 7:00pm
229615	9-12yrs	6 Classes	\$126	4/6	Sa	11:00am-Noon
229616	9-12yrs	6 Classes	\$126	4/6	Sa	Noon- 1:00pm
229617	9-12yrs	6 Classes	\$126	4/7	Su	Noon- 1:00pm
229619	9-12yrs	6 Classes	\$126	4/7	Su	2:00- 3:00pm
229714	9-12yrs	6 Classes	\$126	5/14	Tu	6:00- 7:00pm
229710	9-12yrs	6 Classes	\$126	5/16	Th	6:00- 7:00pm
229711	9-12yrs	6 Classes	\$126	5/18	Sa	11:00am- Noon
229712	9-12yrs	6 Classes	\$126	5/18	Sa	Noon- 1:00pm
229713	9-12yrs	6 Classes	\$126	5/19	Su	Noon- 1:00pm
229715	9-12yrs	6 Classes	\$126	5/19	Su	2:00- 3:00pm

Beginner Tennis

These classes are designed for students who have never played tennis. You'll learn warm-up exercises; how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score.

• Beginner, USTA

For pre-teen beginners, we've taken the exciting new "10 and Under Tennis" program and adapted it for kids age 11-13. The difference between this and other beginning tennis programs? Everything is right-sized for the age group: racquets are lighter and smaller, balls are less bouncy and easier to hit, and courts are smaller (but proportionate) than adult courts. The benefits are immediate—within an hour kids are rallying, having fun and psyched for more. They're playing *real* tennis and having *real* fun.

Pauline Betz Addie Tennis / Cabin John

223946	11-13yrs	6 Classes	\$132	4/3	W	5:00- 6:00pm
223951	11-13yrs	6 Classes	\$132	4/5	F	5:00- 6:00pm
223944	11-13yrs	6 Classes	\$132	4/6	Sa	Noon- 1:00pm
223943	11-13yrs	6 Classes	\$132	4/7	Su	11:00am- Noon
223949	11-13yrs	6 Classes	\$132	4/8	M	4:00- 5:00pm
223947	11-13yrs	6 Classes	\$132	5/15	W	5:00- 6:00pm
223952	11-13yrs	6 Classes	\$132	5/17	F	5:00- 6:00pm
223945	11-13yrs	6 Classes	\$132	5/18	Sa	Noon- 1:00pm
223948	11-13yrs	6 Classes	\$132	5/19	Su	11:00am-Noon
223950	11-13yrs	6 Classes	\$132	5/20	M	4:00- 5:00pm

Wheaton Indoor Tennis

229575	11-13yrs	6 Classes	\$108	4/3	W	5:00- 6:00pm
229574	11-13yrs	6 Classes	\$108	4/6	Sa	1:00- 2:00pm
229671	11-13yrs	6 Classes	\$108	5/15	W	5:00- 6:00pm
229670	11-13yrs	6 Classes	\$108	5/18	Sa	1:00- 2:00pm

• Beginner, Teen

Pauline Betz Addie Tennis / Cabin John

223937	13-17yrs	6 Classes	\$132	4/4	Th	5:00- 6:00pm
223939	13-17yrs	6 Classes	\$132	4/7	Su	Noon- 1:00pm
223938	13-17yrs	6 Classes	\$132	4/8	M	6:00- 7:00pm
223940	13-17yrs	6 Classes	\$132	5/16	Th	5:00- 6:00pm
223942	13-17yrs	6 Classes	\$132	5/19	Su	Noon- 1:00pm
223941	13-17yrs	6 Classes	\$132	5/20	M	6:00- 7:00pm

Wheaton Indoor Tennis

229573	13-17yrs	6 Classes	\$108	4/3	W	6:00- 7:00pm
229570	13-17yrs	6 Classes	\$108	4/5	F	6:00- 7:00pm
229571	13-17yrs	6 Classes	\$108	4/6	Sa	10:00-11:00am
229572	13-17yrs	6 Classes	\$108	4/7	Su	1:00- 2:00pm
229669	13-17yrs	6 Classes	\$108	5/15	W	6:00- 7:00pm
229666	13-17yrs	6 Classes	\$108	5/17	F	6:00- 7:00pm
229667	13-17yrs	6 Classes	\$108	5/18	Sa	10:00- 11:00am
229668	13-17yrs	6 Classes	\$108	5/19	Su	1:00- 2:00pm

• Beginner, Adult

Pauline Betz Addie Tennis / Cabin John

223929	18 & up	6 Classes	\$132	4/2	Tu	7:00- 8:00pm
223931	18 & up	6 Classes	\$132	4/3	W	7:00- 8:00pm
223925	18 & up	6 Classes	\$132	4/4	Th	6:00- 7:00pm
223932	18 & up	6 Classes	\$132	4/6	Sa	5:00- 6:00pm
223933	18 & up	6 Classes	\$132	4/7	Su	Noon- 1:00pm
223927	18 & up	6 Classes	\$132	4/8	M	6:00- 7:00pm
223930	18 & up	6 Classes	\$132	5/14	Tu	7:00- 8:00pm
223935	18 & up	6 Classes	\$132	5/15	W	7:00- 8:00pm



Tennis in 4 Languages

Look for the little blue globe symbol—this marks a class that will be taught in four different languages at Wheaton Indoor Tennis:

ENGLISH
SPANISH
GERMAN
FRENCH

If English isn't your first language and you'd like to learn or improve your tennis game, sign up for one of these multi-language lesson times and have a ball! Also great for people who play tennis and would like to brush up on their skills in one of these languages.

• Beginner, Adult *Pauline Betz Addie* (cont.)

223926	18 & up	6 Classes	\$132	5/16	Th	6:00- 7:00pm
223934	18 & up	6 Classes	\$132	5/18	Sa	5:00- 6:00pm
223936	18 & up	6 Classes	\$132	5/19	Su	Noon- 1:00pm
223928	18 & up	6 Classes	\$132	5/20	M	6:00- 7:00pm

Wheaton Indoor Tennis

229563	18 & up	6 Classes	\$108	4/2	Tu	8:00- 9:00pm
229565	18 & up	6 Classes	\$108	4/3	W	7:00- 8:00pm
229557	18 & up	6 Classes	\$108	4/4	Th	11:00am- Noon
229561	18 & up	6 Classes	\$108	4/5	F	9:00- 10:00am
229558	18 & up	6 Classes	\$108	4/6	Sa	10:00- 11:00am
229559	18 & up	6 Classes	\$108	4/6	Sa	2:00- 3:00pm
229560	18 & up	6 Classes	\$108	4/7	Su	11:00am- Noon
229564	18 & up	6 Classes	\$108	4/7	Su	4:00- 5:00pm
229562	18 & up	6 Classes	\$108	4/8	M	7:00- 8:00pm
229566	18 & up	6 Classes	\$108	4/8	M	10:00- 11:00am
229659	18 & up	6 Classes	\$108	5/14	Tu	8:00- 9:00pm
229661	18 & up	6 Classes	\$108	5/15	W	7:00- 8:00pm
229653	18 & up	6 Classes	\$108	5/16	Th	11:00am- Noon
229657	18 & up	6 Classes	\$108	5/17	F	9:00- 10:00am
229654	18 & up	6 Classes	\$108	5/18	Sa	10:00- 11:00am
229655	18 & up	6 Classes	\$108	5/18	Sa	2:00- 3:00pm
229656	18 & up	6 Classes	\$108	5/19	Su	11:00am- Noon
229660	18 & up	6 Classes	\$108	5/19	Su	4:00- 5:00pm
229658	18 & up	6 Classes	\$108	5/20	M	7:00- 8:00pm
229662	18 & up	6 Classes	\$108	5/20	M	10:00- 11:00am

• Beginner, Senior

Designed for adults age 55 and older who have never played tennis, or have had minimal instruction. Your instructor will go over basic stance, grip, strokes (hitting technique), and court etiquette. We'll use low-compression balls that don't bounce as high or travel as far as standard tennis balls, making the learning experience even more enjoyable.

Wheaton Indoor Tennis

229569	55 & up	6 Classes	\$108	4/2	Tu	9:00- 10:00am
229567	55 & up	6 Classes	\$108	4/4	Th	10:00- 11:00am
229568	55 & up	6 Classes	\$108	4/8	M	6:00- 7:00pm
229665	55 & up	6 Classes	\$108	5/14	Tu	9:00-10:00am
229663	55 & up	6 Classes	\$108	5/16	Th	10:00- 11:00am
229664	55 & up	6 Classes	\$108	5/20	M	6:00- 7:00pm

Intermediate Tennis @ Wheaton

In Intermediate courses at Wheaton Indoor Tennis, we'll begin to focus on the strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, topspins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on shot consistency from both the baseline and net.

• Intermediate, Youth

Wheaton Indoor Tennis

229602	5-8yrs	6 Classes	\$108	4/3	W	4:00- 5:00pm
229603	5-8yrs	6 Classes	\$108	4/5	F	4:00- 5:00pm
229604	5-8yrs	6 Classes	\$108	4/7	Su	3:00- 4:00pm
229698	5-8yrs	6 Classes	\$108	5/15	W	4:00- 5:00pm
229699	5-8yrs	6 Classes	\$108	5/17	F	4:00- 5:00pm
229700	5-8yrs	6 Classes	\$108	5/19	Su	3:00- 4:00pm

• Intermediate, Pre-Teen

Wheaton Indoor Tennis

229592	9-12yrs	6 Classes	\$108	4/3	W	5:00- 6:00pm
229591	9-12yrs	6 Classes	\$108	4/5	F	5:00- 6:00pm
229593	9-12yrs	6 Classes	\$108	4/6	Sa	2:00- 3:00pm
229688	9-12yrs	6 Classes	\$108	5/15	W	5:00- 6:00pm
229687	9-12yrs	6 Classes	\$108	5/17	F	5:00- 6:00pm
229689	9-12yrs	6 Classes	\$108	5/18	Sa	2:00- 3:00pm

• Intermediate, Teen

Wheaton Indoor Tennis

229600	13-17yrs	6 Classes	\$108	4/3	W	6:00- 7:00pm
229597	13-17yrs	6 Classes	\$108	4/5	F	6:00- 7:00pm
229598	13-17yrs	6 Classes	\$108	4/6	Sa	Noon- 1:00pm
229601	13-17yrs	6 Classes	\$108	4/6	Sa	1:00- 2:00pm
229599	13-17yrs	6 Classes	\$108	4/7	Su	4:00- 5:00pm
229696	13-17yrs	6 Classes	\$108	5/15	W	6:00- 7:00pm
229693	13-17yrs	6 Classes	\$108	5/17	F	6:00- 7:00pm
229694	13-17yrs	6 Classes	\$108	5/18	Sa	Noon- 1:00pm
229697	13-17yrs	6 Classes	\$108	5/18	Sa	1:00- 2:00pm
229695	13-17yrs	6 Classes	\$108	5/19	Su	4:00- 5:00pm

• Intermediate, Adult

Wheaton Indoor Tennis

229588	18 & up	6 Classes	\$108	4/2	Tu	7:00- 8:00pm
229589	18 & up	6 Classes	\$108	4/3	W	9:00-10:00am
229590	18 & up	6 Classes	\$108	4/3	W	8:00- 9:00pm
229582	18 & up	6 Classes	\$108	4/4	Th	8:00- 9:00pm
229583	18 & up	6 Classes	\$108	4/5	F	10:00- 11:00am
229584	18 & up	6 Classes	\$108	4/6	Sa	11:00am- Noon
229585	18 & up	6 Classes	\$108	4/7	Su	Noon- 1:00pm
229586	18 & up	6 Classes	\$108	4/8	M	11:00am- Noon
229587	18 & up	6 Classes	\$108	4/8	M	8:00- 9:00pm
229684	18 & up	6 Classes	\$108	5/14	Tu	7:00- 8:00pm
229685	18 & up	6 Classes	\$108	5/15	W	9:00-10:00am
229686	18 & up	6 Classes	\$108	5/15	W	8:00- 9:00pm
229678	18 & up	6 Classes	\$108	5/16	Th	8:00- 9:00pm
229679	18 & up	6 Classes	\$108	5/17	F	10:00-11:00am
229680	18 & up	6 Classes	\$108	5/18	Sa	11:00- Noon
229681	18 & up	6 Classes	\$108	5/19	Su	Noon- 1:00pm
229682	18 & up	6 Classes	\$108	5/20	M	11:00am- Noon
229683	18 & up	6 Classes	\$108	5/20	M	8:00- 9:00pm

• Intermediate, Senior

Designed for adults 55 and older who have played tennis before and/or taken tennis lessons, and would like to improve their game.

Wheaton Indoor Tennis

229594	55 & up	6 Classes	\$108	4/3	W	10:00am-11:00am
229596	55 & up	6 Classes	\$108	4/4	Th	7:00pm- 8:00pm
229595	55 & up	6 Classes	\$108	4/8	M	6:00pm- 7:00pm
229690	55 & up	6 Classes	\$108	5/15	W	10:00am-11:00am
229692	55 & up	6 Classes	\$108	5/16	Th	7:00pm- 8:00pm
229691	55 & up	6 Classes	\$108	5/20	M	6:00pm- 7:00pm



*Both indoor tennis facilities move to shorter summer hours on May 1. Please visit WheatonTennis.com or CabinJohnTennis.com for more info.



HOURS OF OPERATION and dates to note

Pauline Betz Addie Tennis Center

OPEN

Mon.-Fri. 6am-Midnite
Saturday 6am-8pm
Sunday 6am-11pm

No classes at either facility

March 20-April 1
May 25-27
(Memorial Day Weekend)

Wheaton Indoor Tennis

OPEN

Sun.-Fri.: 8am-11pm
Saturday: 8am-8pm



First Intermediate Tennis @ PBA

First Intermediate students at Pauline Betz Addie (PBA) will learn how the game of tennis is played, how to keep score, and the difference between doubles and singles. We'll work on service returns and approach shots, and continue to work on stroke development (hip and shoulder rotation, proper racquet positioning, and low-to-high, high-to-low and level swing planes) and consistency.

• First Intermediate, Youth

Pauline Betz Addie Tennis / Cabin John

224002	5-8yrs	6 Classes	\$132	4/2	Tu	5:00- 6:00pm
224003	5-8yrs	6 Classes	\$132	4/3	W	5:00- 6:00pm
224001	5-8yrs	6 Classes	\$132	4/5	F	5:00- 6:00pm
224004	5-8yrs	6 Classes	\$132	4/6	Sa	2:00- 3:00pm
224009	5-8yrs	6 Classes	\$132	4/6	Sa	4:00- 5:00pm
224007	5-8yrs	6 Classes	\$132	4/7	Su	1:00- 2:00pm
224011	5-8yrs	6 Classes	\$132	5/14	Tu	5:00- 6:00pm
224012	5-8yrs	6 Classes	\$132	5/15	W	5:00- 6:00pm
224006	5-8yrs	6 Classes	\$132	5/17	F	5:00- 6:00pm
224008	5-8yrs	6 Classes	\$132	5/18	Sa	2:00- 3:00pm
224010	5-8yrs	6 Classes	\$132	5/18	Sa	4:00- 5:00pm
224013	5-8yrs	6 Classes	\$132	5/19	Su	1:00- 2:00pm

• First Intermediate, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

223985	9-12yrs	6 Classes	\$132	4/3	W	6:00- 7:00pm
223983	9-12yrs	6 Classes	\$132	4/4	Th	5:00- 6:00pm
223986	9-12yrs	6 Classes	\$132	4/6	Sa	Noon- 1:00pm
223984	9-12yrs	6 Classes	\$132	4/8	M	5:00- 6:00pm
223990	9-12yrs	6 Classes	\$132	5/15	W	6:00- 7:00pm
223987	9-12yrs	6 Classes	\$132	5/16	Th	5:00- 6:00pm
223988	9-12yrs	6 Classes	\$132	5/18	Sa	Noon- 1:00pm
223989	9-12yrs	6 Classes	\$132	5/20	M	5:00- 6:00pm

• First Intermediate, Teen

Pauline Betz Addie Tennis / Cabin John

223993	13-17yrs	6 Classes	\$132	4/5	F	6:00- 7:00pm
223995	13-17yrs	6 Classes	\$132	4/6	Sa	1:00- 2:00pm
223996	13-17yrs	6 Classes	\$132	4/7	Su	9:00- 10:00am
223997	13-17yrs	6 Classes	\$132	4/7	Su	10:00- 11:00am
223991	13-17yrs	6 Classes	\$132	4/8	M	6:00- 7:00pm
223994	13-17yrs	6 Classes	\$132	5/17	F	6:00 7:00pm
223998	13-17yrs	6 Classes	\$132	5/18	Sa	1:00- 2:00pm
223999	13-17yrs	6 Classes	\$132	5/19	Su	9:00- 10:00am
224000	13-17yrs	6 Classes	\$132	5/19	Su	10:00- 11:00am
223992	13-17yrs	6 Classes	\$132	5/20	M	6:00- 7:00pm

• First Intermediate, Adult

Pauline Betz Addie Tennis / Cabin John

223976	18 & up	6 Classes	\$132	4/2	Tu	8:00- 9:00pm
223979	18 & up	6 Classes	\$132	4/4	Th	10:00- 11:00am
223978	18 & up	6 Classes	\$132	4/4	Th	7:00- 8:00pm
223975	18 & up	6 Classes	\$132	4/6	Sa	10:00- 11:00am
223982	18 & up	6 Classes	\$132	5/14	Tu	8:00- 9:00pm
223980	18 & up	6 Classes	\$132	5/16	Th	10:00- 11:00am
223981	18 & up	6 Classes	\$132	5/16	Th	7:00- 8:00pm
223977	18 & up	6 Classes	\$132	5/18	Sa	10:00- 11:00am

Second Intermediate Tennis @ PBA

In Second Intermediate Tennis at Pauline Betz Addie (PBA), you'll learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

• Second Intermediate, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

224069	9-12yrs	6 Classes	\$132	4/2	Tu	5:00- 6:00pm
224070	9-12yrs	6 Classes	\$132	4/3	W	6:00- 7:00pm
224068	9-12yrs	6 Classes	\$132	4/5	F	5:00- 6:00pm
224071	9-12yrs	6 Classes	\$132	4/6	Sa	1:00- 2:00pm
224073	9-12yrs	6 Classes	\$132	4/6	Sa	6:00- 7:00pm
224076	9-12yrs	6 Classes	\$132	5/14	Tu	5:00- 6:00pm
224077	9-12yrs	6 Classes	\$132	5/15	W	6:00- 7:00pm
224072	9-12yrs	6 Classes	\$132	5/17	F	5:00- 6:00pm
224075	9-12yrs	6 Classes	\$132	5/18	Sa	1:00- 2:00pm
224074	9-12yrs	6 Classes	\$132	5/18	Sa	6:00- 7:00pm

• Second Intermediate, Teen

Pauline Betz Addie Tennis / Cabin John

224080	13-17yrs	6 Classes	\$132	4/2	Tu	6:00- 7:00pm
224078	13-17yrs	6 Classes	\$132	4/4	Th	6:00- 7:00pm
224079	13-17yrs	6 Classes	\$132	4/5	F	6:00- 7:00pm
224081	13-17yrs	6 Classes	\$132	4/7	Su	3:00- 4:00pm
224084	13-17yrs	6 Classes	\$132	5/14	Tu	6:00- 7:00pm
224082	13-17yrs	6 Classes	\$132	5/16	Th	6:00- 7:00pm
224083	13-17yrs	6 Classes	\$132	5/17	F	6:00- 7:00pm
224085	13-17yrs	6 Classes	\$132	5/19	Su	3:00- 4:00pm

• Second Intermediate, Adult

Pauline Betz Addie Tennis / Cabin John

224062	18 & up	6 Classes	\$132	4/3	W	Noon- 1:00pm
224054	18 & up	6 Classes	\$132	4/4	Th	7:00- 8:00pm
224061	18 & up	6 Classes	\$132	4/5	F	6:00- 7:00pm
224055	18 & up	6 Classes	\$132	4/6	Sa	11:00am- Noon
224058	18 & up	6 Classes	\$132	4/6	Sa	5:00- 6:00pm
224056	18 & up	6 Classes	\$132	4/7	Su	1:00- 2:00pm
224066	18 & up	6 Classes	\$132	5/15	W	Noon- 1:00pm
224057	18 & up	6 Classes	\$132	5/16	Th	7:00- 8:00pm
224063	18 & up	6 Classes	\$132	5/17	F	6:00- 7:00pm
224060	18 & up	6 Classes	\$132	5/18	Sa	11:00am-Noon
224064	18 & up	6 Classes	\$132	5/18	Sa	5:00- 6:00pm
224067	18 & up	6 Classes	\$132	5/19	Su	1:00- 2:00pm

Advanced Tennis

Prerequisite: Mastery of Intermediate level skills

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situation analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including both offensive and defensive shots.

• Advanced, Youth

Pauline Betz Addie Tennis / Cabin John

223921	5-8yrs	6 Classes	\$144	4/6	Sa	5:00- 6:00pm
223922	5-8yrs	6 Classes	\$144	4/7	Su	10:00- 11:00am
223923	5-8yrs	6 Classes	\$144	5/18	Sa	5:00- 6:00pm
223924	5-8yrs	6 Classes	\$144	5/19	Su	10:00- 11:00am

A Note to Tennis Students

Parks instructors work carefully with all students to help you get the most out of every class.

At the end of each class, the instructor will tell you if you're ready to advance to the next skill level, or would benefit more from taking the same level again before moving ahead.

• Advanced, Pre-Teen

Pauline Betz Addie Tennis / Cabin John

223911	9-12yrs	6 Classes	\$144	4/6	Sa	2:00- 3:00pm
223912	9-12yrs	6 Classes	\$144	4/6	Sa	6:00- 7:00pm
223913	9-12yrs	6 Classes	\$144	5/18	Sa	2:00- 3:00pm
223914	9-12yrs	6 Classes	\$144	5/18	Sa	6:00- 7:00pm

Wheaton Indoor Tennis

229553	9-12yrs	6 Classes	\$120	4/2	Tu	4:00- 5:00pm
229554	9-12yrs	6 Classes	\$120	4/4	Th	4:00- 5:00pm
229649	9-12yrs	6 Classes	\$120	5/14	Tu	4:00- 5:00pm
229650	9-12yrs	6 Classes	\$120	5/16	Th	4:00- 5:00pm

• Advanced, Teen

Pauline Betz Addie Tennis / Cabin John

223915	13-17yrs	6 Classes	\$144	4/2	Tu	6:00- 7:00pm
223917	13-17yrs	6 Classes	\$144	4/6	Sa	3:00- 4:00pm
223916	13-17yrs	6 Classes	\$144	5/14	Tu	6:00- 7:00pm
223918	13-17yrs	6 Classes	\$144	5/18	Sa	4:00- 5:00pm

Wheaton Indoor Tennis

229556	13-17yrs	6 Classes	\$120	4/2	Tu	5:00- 6:00pm
229555	13-17yrs	6 Classes	\$120	4/7	Su	5:00- 6:00pm
229652	13-17yrs	6 Classes	\$120	5/14	Tu	5:00- 6:00pm
229651	13-17yrs	6 Classes	\$120	5/19	Su	5:00- 6:00pm

• Advanced, Adult

Pauline Betz Addie Tennis / Cabin John

223909	18 & up	6 Classes	\$144	4/2	Tu	11:00am-Noon
224449	18 & up	6 Classes	\$144	4/2	Tu	6:00- 7:00pm
223903	18 & up	6 Classes	\$144	4/3	W	8:00- 9:00pm
223901	18 & up	6 Classes	\$144	4/4	Th	6:00- 7:00pm
223902	18 & up	6 Classes	\$144	4/5	F	7:00- 8:00pm
224451	18 & up	6 Classes	\$144	4/7	Su	2:00- 3:00pm
223910	18 & up	6 Classes	\$144	5/14	Tu	11:00am-Noon
224450	18 & up	6 Classes	\$144	5/14	Tu	6:00- 7:00pm
223907	18 & up	6 Classes	\$144	5/15	W	8:00- 9:00pm
223904	18 & up	6 Classes	\$144	5/16	Th	6:00- 7:00pm
223906	18 & up	6 Classes	\$144	5/17	F	7:00- 8:00pm
224452	18 & up	6 Classes	\$144	5/19	Su	2:00- 3:00pm

Wheaton Indoor Tennis

229551	18 & up	6 Classes	\$120	4/3	W	7:00- 8:00pm
229858	18 & up	6 Classes	\$120	4/5	F	11:00am- Noon
229552	18 & up	6 Classes	\$120	4/7	Su	5:00- 6:00pm
229549	18 & up	6 Classes	\$120	4/8	M	9:00-10:00am
229550	18 & up	6 Classes	\$120	4/8	M	7:00- 8:00pm
229647	18 & up	6 Classes	\$120	5/15	W	7:00- 8:00pm
229859	18 & up	6 Classes	\$120	5/17	F	11:00am- Noon
229648	18 & up	6 Classes	\$120	5/19	Su	5:00- 6:00pm
229645	18 & up	6 Classes	\$120	5/20	M	9:00-10:00am
229646	18 & up	6 Classes	\$120	5/20	M	7:00- 8:00pm

Kids' Cardio Tennis

This group tennis training activity features action-based tennis drills and games for children ages 6-12 at any skill level. Using music and pedometers, the class emphasizes movement and fun. With age-appropriate equipment and an encouraging environment, this class will help kids develop tennis and athletic skills, and improve overall health and fitness.

Wheaton Indoor Tennis

229605	6-12yrs	6 Classes	\$120	4/8	M	5:00- 6:00pm
229701	6-12yrs	6 Classes	\$120	5/20	M	5:00- 6:00pm

Cardio Tennis

This fun group tennis activity gives players of all abilities an ultimate, high-energy workout, with warm-up, cardio workout and cool-down phases. Looking for a great new way to burn calories and get in shape? Cardio Tennis is it!

Pauline Betz Addie Tennis / Cabin John

223961	18 & up	6 Classes	\$144	4/2	Tu	7:00- 8:00pm
223963	18 & up	6 Classes	\$144	4/2	Tu	1:00- 2:00pm
223960	18 & up	6 Classes	\$144	4/3	W	7:00- 8:00pm
223962	18 & up	6 Classes	\$144	4/3	W	11:00am- Noon
223964	18 & up	6 Classes	\$144	4/4	Th	Noon- 1:00pm
223973	18 & up	6 Classes	\$144	4/4	Th	9:00-10:00am
223954	18 & up	6 Classes	\$144	4/6	Sa	2:00- 3:00pm
223956	18 & up	6 Classes	\$144	4/6	Sa	3:00- 4:00pm
223958	18 & up	6 Classes	\$144	4/7	Su	2:00- 3:00pm
223959	18 & up	6 Classes	\$144	4/7	Su	9:00-10:00am
223953	18 & up	6 Classes	\$144	4/8	M	7:00- 8:00pm
223967	18 & up	6 Classes	\$144	5/14	Tu	1:00- 2:00pm
223968	18 & up	6 Classes	\$144	5/14	Tu	7:00- 8:00pm
223969	18 & up	6 Classes	\$144	5/15	W	11:00am- Noon
223970	18 & up	6 Classes	\$144	5/15	W	7:00- 8:00pm
223965	18 & up	6 Classes	\$144	5/16	Th	12:00- 1:00pm
223974	18 & up	6 Classes	\$144	5/16	Th	9:00-10:00am
223955	18 & up	6 Classes	\$144	5/18	Sa	2:00- 3:00pm
223957	18 & up	6 Classes	\$144	5/18	Sa	3:00- 4:00pm
223971	18 & up	6 Classes	\$144	5/19	Su	9:00-10:00am
223972	18 & up	6 Classes	\$144	5/19	Su	2:00- 3:00pm
223966	18 & up	6 Classes	\$144	5/20	M	7:00- 8:00pm

Wheaton Indoor Tennis

229578	18 & up	6 Classes	\$120	4/2	Tu	10:00- 11:00am
229580	18 & up	6 Classes	\$120	4/2	Tu	7:00- 8:00pm
229576	18 & up	6 Classes	\$120	4/4	Th	9:00- 10:00am
229577	18 & up	6 Classes	\$120	4/6	Sa	9:00- 10:00am
229581	18 & up	6 Classes	\$120	4/7	Su	1:00- 2:00pm
229579	18 & up	6 Classes	\$120	4/8	M	8:00- 9:00pm
229674	18 & up	6 Classes	\$120	5/14	Tu	10:00- 11:00am
229676	18 & up	6 Classes	\$120	5/14	Tu	7:00- 8:00pm
229672	18 & up	6 Classes	\$120	5/16	Th	9:00- 10:00am
229673	18 & up	6 Classes	\$120	5/18	Sa	9:00- 10:00am
229677	18 & up	6 Classes	\$120	5/19	Su	1:00- 2:00pm
229675	18 & up	6 Classes	\$120	5/20	M	8:00- 9:00pm

Save Time, Money and Trouble...



Get your application into Pauline Betz Addie Tennis Center or Wheaton Indoor Tennis for the **2013-2014 Indoor Tennis Season!**

You'll save money over regular spot time fees, and enjoy the convenience of having a reserved court each week in the 32-week season.

To download an application, visit www.CabinJohnTennis.com or www.WheatonTennis.com. Applications must be received at Pauline Betz Addie by 7pm on **Sunday, February 24**; the deadline for Wheaton Indoor Tennis is 7pm on **Sunday, April 7**.



Stroke of the Day

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of core strokes. The result? Better shots! Different classes cover different strokes, so sign up for all three to improve your game!

Wheaton Indoor Tennis

• Groundstrokes

229625	18 & up	6 Classes	\$120	4/2	Tu	11:00am- Noon
229624	18 & up	6 Classes	\$120	4/4	Th	7:00- 8:00pm
229623	18 & up	6 Classes	\$120	4/8	M	6:00- 7:00am
229721	18 & up	6 Classes	\$120	5/14	Tu	11:00am- Noon
229720	18 & up	6 Classes	\$120	5/16	Th	7:00- 8:00pm
229719	18 & up	6 Classes	\$120	5/20	M	6:00- 7:00am

• Net Play

229626	18 & up	6 Classes	\$120	4/3	W	11:00am- Noon
229722	18 & up	6 Classes	\$120	5/15	W	11:00am- Noon

• Serve and Return

229627	18 & up	6 Classes	\$120	4/6	Sa	2:00- 3:00pm
229723	18 & up	6 Classes	\$120	5/18	Sa	2:00- 3:00pm

Matchplay Tennis

Prerequisite: Instructor review of student's level of play

Here's a great opportunity to compete with other players at the same ability/skill level in a match environment. As you play, an instructor will coach you through different situations and give you on-the-spot tips and insights into your game.

For Matchplay Tennis at **Pauline Betz Addie/Cabin John**, email Gino.Tomasello@MontgomeryParks.org or call 301-765-8652. At **Wheaton**, email Justin.Reid@MontgomeryParks.org or call 301-905-3030.

Pauline Betz Addie Tennis / Cabin John

224019	18 & up	6 Classes	\$144	4/2	Tu	8:00- 9:00pm
224031	18 & up	6 Classes	\$144	4/2	Tu	Noon- 1:00pm
224020	18 & up	6 Classes	\$144	4/3	W	7:00- 8:00pm
224022	18 & up	6 Classes	\$144	4/3	W	8:00- 9:00pm
224030	18 & up	6 Classes	\$144	4/3	W	1:00- 2:00pm
224033	18 & up	6 Classes	\$144	4/4	Th	11:00am- Noon
224016	18 & up	6 Classes	\$144	4/5	F	7:00- 8:00pm
224017	18 & up	6 Classes	\$144	4/5	F	8:00- 9:00pm
224014	18 & up	6 Classes	\$144	4/8	M	8:00- 9:00pm
224015	18 & up	6 Classes	\$144	4/8	M	7:00- 8:00pm
224018	18 & up	6 Classes	\$144	5/14	Tu	7:00- 8:00pm
224027	18 & up	6 Classes	\$144	5/14	Tu	8:00- 9:00pm
224032	18 & up	6 Classes	\$144	5/14	Tu	Noon- 1:00pm
224028	18 & up	6 Classes	\$144	5/15	W	7:00- 8:00pm
224029	18 & up	6 Classes	\$144	5/15	W	8:00- 9:00pm
224035	18 & up	6 Classes	\$144	5/15	W	1:00- 2:00pm
224034	18 & up	6 Classes	\$144	5/16	Th	11:00am- Noon
224021	18 & up	6 Classes	\$144	5/17	F	7:00- 8:00pm
224023	18 & up	6 Classes	\$144	5/17	F	8:00- 9:00pm
224025	18 & up	6 Classes	\$144	5/20	M	8:00- 9:00pm
224249	18 & up	6 Classes	\$144	5/20	M	7:00- 8:00pm

Wheaton Indoor Tennis

229607	18 & up	6 Classes	\$120	4/3	W	8:00- 9:00pm
229606	18 & up	6 Classes	\$120	4/4	Th	8:00- 9:00pm
229703	18 & up	6 Classes	\$120	5/15	W	8:00- 9:00pm
229702	18 & up	6 Classes	\$120	5/16	Th	8:00- 9:00pm

Round Robin Doubles

Test your tennis prowess, meet new people and have fun on the courts! You'll play up to 3 pro sets (8 games per set; winners move up a court, losers move down a court) each night. No need to bring a partner; we'll match you up with a player of comparable skill. Please check the descriptions below to find your skill level.

• Level 3.0 and above

You play at least once a week and hit medium-paced shots consistently. You've found your strike zone, and can return most balls hit into your strike zone standing still. Your first serves are good, but you'd like to increase their power; and you'd like to work on different strokes, increased control, and better shot placement, depth and power.

Wheaton Indoor Tennis

229621	18 & up	1 Classes	\$10	4/5	F	7:00- 9:00pm
229622	18 & up	1 Classes	\$10	4/6	Sa	7:00- 9:00am
229717	18 & up	1 Classes	\$10	5/17	F	7:00- 9:00pm
229718	18 & up	1 Classes	\$10	5/18	Sa	7:00- 9:00am

• Level 3.5 and above

You play at least twice a week, exhibit a strong level of stroke dependability and direction on moderate shots, and want to improve the depth and variety of your shots. You know how to play the net aggressively and cover the court effectively, and have made progress in developing team-work skills in doubles play. You also know how to maneuver the body and racquet to hit balls in the strike zone, aren't afraid to take chances, are beginning to develop pace and spin, and play a consistent game against others at your level of skill or slightly higher.

Wheaton Indoor Tennis

229620	18 & up	1 Classes	\$20	4/6	Sa	8:00pm- Midnite
229716	18 & up	1 Classes	\$20	5/18	Sa	8:00pm- Midnite

Tennis Clinic: Men's Level 4.0 & Up Drill/Play

Prerequisite: Evaluation by instructor

This advanced course for men at USTA Level 4.0 and above will feature drills covering transitional play, baseline hitting, volleys and overhead smash; combined with rotating point and game play. Call 301-765-8650 for more information.

Pauline Betz Addie Tennis / Cabin John

223899	18 & up	6 Classes	\$288	4/3	W	9:00- 11:00pm
223900	18 & up	6 Classes	\$288	5/15	W	9:00- 11:00pm

Rent the SMASH!



The Smash is ready to play! This new, high-tech ball machine is available to rent at Pauline Betz Addie Tennis Center. It shoots out fast, slow or medium-paced balls; slices, topspins, flat spins and lobs; in one direction or all directions!

Rent the Smash for \$10/hour (in addition to regular court time fees). Sign up at the front desk.

Cabin John Regional Park
10610 Westlake Drive
Rockville, MD 20852

Norwood Local Park
4700 Norwood Road
Bethesda, MD 20815

COURT LOCATIONS

Outdoor Tennis Lessons

Olney Manor Recreational Park
16601 Georgia Avenue
Olney, MD 20832

Wheaton Regional Park
11717 Orebaugh Avenue
Wheaton, MD 20902

In case of inclement weather on your lesson days, please call us at 301-765-8650.



Finally! Courts and equipment that are sized just right for kids!

OUTDOOR TENNIS FYIS

Please bring your own racquets, water, and appropriate footwear. Classes that are cancelled due to inclement weather will be made up on Fridays at the same scheduled time. Questions? Call us at 301-765-8650.

USTA "10 and Under Tennis" is a wonderful new program that is changing the way kids 10 and under learn and play tennis from here on out. Basketball, soccer and baseball all modify their fields and equipment to fit younger players. But when it comes to tennis, we ask children to play on adult-sized courts with hard, high-flying balls and adult-sized racquets. 10 and Under Tennis uses the QuickStart play format and scales everything to kid-size, making tennis more fun right from the beginning.

The classes listed here are held *outdoors*; for indoor 10 and Under Tennis classes, see page 153. Visit www.10andUnderTennis.com for more information, and sign up today at www.ParkPASS.org.

OUTDOOR USTA 10 AND UNDER TENNIS

...for Ages 4-6

Cabin John Regional Park

228806	4-6yrs	6 Classes	\$90	4/29	M	4:00- 5:00pm
229254	4-6yrs	6 Classes	\$90	5/1	W	4:00- 5:00pm

Norwood Local Park

228811	4-6yrs	6 Classes	\$90	4/29	M	4:00- 5:00pm
228810	4-6yrs	6 Classes	\$90	5/4	Sa	10:00-11:00am

Olney Manor Recreational Park

228805	4-6yrs	6 Classes	\$90	4/29	M	4:00- 5:00pm
229253	4-6yrs	6 Classes	\$90	5/1	W	4:00- 5:00pm

Wheaton Regional Park

228808	4-6yrs	6 Classes	\$90	4/29	M	4:00- 5:00pm
229255	4-6yrs	6 Classes	\$90	5/1	W	4:00- 5:00pm

...for Ages 7-10

Cabin John Regional Park

229902	7-10yrs	6 Classes	\$90	4/30	Tu	4:00- 5:00pm
229903	7-10yrs	6 Classes	\$90	5/2	Th	4:00- 5:00pm

Norwood Local Park

228816	7-10yrs	6 Classes	\$90	4/29	M	5:00- 6:00pm
228820	7-10yrs	6 Classes	\$90	5/4	Sa	11:00am- Noon
228850	7-10yrs	6 Classes	\$90	5/5	Su	11:00am- Noon

Olney Manor Recreational Park

228814	7-10yrs	6 Classes	\$90	4/30	Tu	4:00- 5:00pm
229899	7-10yrs	6 Classes	\$90	5/2	Th	4:00- 5:00pm

Wheaton Regional Park

229900	7-10yrs	6 Classes	\$90	4/30	Tu	4:00- 5:00pm
229901	7-10yrs	6 Classes	\$90	5/2	Th	4:00- 5:00pm



Beginner Tennis (Outdoor)

If you've never played tennis, this is the tennis class for you! You'll learn warm-up exercises; how to properly grip a racquet; basic stroke techniques for forehands, backhands, volleys, serves and overheads; tennis etiquette and vocabulary; plus safety rules and how to keep score. Please bring your own racquet/s, water and appropriate footwear.

• USTA (age 11-13) (Outdoor)

Cabin John Regional Park

233299	11-13yrs	6 Classes	\$90	4/29	M	5:00- 6:00pm
233300	11-13yrs	6 Classes	\$90	5/1	W	5:00- 6:00pm

Norwood Local Park

233349	11-13yrs	6 Classes	\$90	5/4	Sa	Noon- 1:00pm
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Olney Manor Recreational Park

233350	11-13yrs	6 Classes	\$90	4/29	M	5:00- 6:00pm
233399	11-13yrs	6 Classes	\$90	5/1	W	5:00- 6:00pm

Wheaton Regional Park

233400	11-13yrs	6 Classes	\$90	4/29	M	5:00- 6:00pm
233401	11-13yrs	6 Classes	\$90	5/1	W	5:00- 6:00pm

• Teen (age 13-17) (Outdoor)

Cabin John Regional Park

229861	13-17yrs	6 Classes	\$90	4/29	M	6:00- 7:00pm
229862	13-17yrs	6 Classes	\$90	5/1	W	6:00- 7:00pm

Norwood Local Park

229149	13-17yrs	6 Classes	\$90	5/5	Su	Noon- 1:00pm
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Olney Manor Recreational Park

229857	13-17yrs	6 Classes	\$90	4/29	M	6:00pm- 7:00pm
229860	13-17yrs	6 Classes	\$90	5/1	W	6:00pm- 7:00pm

Wheaton Regional Park

229863	13-17yrs	6 Classes	\$90	4/29	M	6:00pm- 7:00pm
229864	13-17yrs	6 Classes	\$90	5/1	W	6:00pm- 7:00pm

• Adult (age 18 & up) (Outdoor)

Designed for adult players getting into tennis for the first time, or getting back into tennis after an extended break. Learn the proper tennis grips, basic stroke techniques, and tennis etiquette.

Cabin John Regional Park

230799	18 & up	6 Classes	\$90	5/4	Sa	10:00-11:00am
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Norwood Local Park

228799	18 & up	6 Classes	\$90	4/29	M	11:00am- Noon
228802	18 & up	6 Classes	\$90	4/30	Tu	11:00am- Noon
228800	18 & up	6 Classes	\$90	5/2	Th	6:00- 7:00pm
228801	18 & up	6 Classes	\$90	5/5	Su	2:00- 3:00pm

Olney Manor Recreational Park

230804	18 & up	6 Classes	\$90	5/4	Sa	10:00-11:00am
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Wheaton Regional Park

230806	18 & up	6 Classes	\$90	5/4	Sa	10:00-11:00am
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Intermediate Tennis (Outdoor)

Ideal for people playing at the 2.0-2.5 skill level of the USTA's National Tennis Rating System

In Intermediate Tennis, we'll begin to focus on strategies and shots that will help you play winning tennis. We'll continue to work on stroke development, and learn specialty shots like lobs, drop shots, slices, top-spins, cross-court and down-the-line shots, and both kick and flat serves. You'll also learn when and where to use each stroke, how to play strategic tennis (how to plan your shots, construct points, size up your opponent and play to his/her weaknesses), and work on shot consistency from both the baseline and net.

Cabin John Regional Park

229949	11-13yrs	6 Classes	\$90	4/30	Tu	5:00- 6:00pm
229954	11-13yrs	6 Classes	\$90	5/2	Th	5:00- 6:00pm
229955	13-17yrs	6 Classes	\$90	4/30	Tu	6:00- 7:00pm
229956	13-17yrs	6 Classes	\$90	5/2	Th	6:00- 7:00pm
233499	18 & up	6 Classes	\$90	5/4	Sa	11:00am- Noon

Norwood Local Park

228901	11-13yrs	6 Classes	\$90	5/3	F	4:00- 5:00pm
228902	11-13yrs	6 Classes	\$90	5/3	F	5:00- 6:00pm
235149	18 & up	6 Classes	\$90	4/30	Tu	Noon- 1:00pm
235150	18 & up	6 Classes	\$90	5/5	Su	3:00- 4:00pm

Olney Manor Recreational Park

229950	11-13yrs	6 Classes	\$90	4/30	Tu	5:00- 6:00pm
229953	11-13yrs	6 Classes	\$90	5/2	Th	5:00- 6:00pm
229957	13-17yrs	6 Classes	\$90	4/30	Tu	6:00- 7:00pm
229958	13-17yrs	6 Classes	\$90	5/2	Th	6:00- 7:00pm
233500	18 & up	6 Classes	\$90	5/4	Sa	11:00am- Noon

Wheaton Regional Park

229951	11-13yrs	6 Classes	\$90	4/30	Tu	5:00- 6:00pm
229952	11-13yrs	6 Classes	\$90	5/2	Th	5:00- 6:00pm
229959	13-17yrs	6 Classes	\$90	4/30	Tu	6:00- 7:00pm
229960	13-17yrs	6 Classes	\$90	5/2	Th	6:00- 7:00pm
233501	18 & up	6 Classes	\$90	5/4	Sa	11:00am- Noon

Second Intermediate Tennis (Outdoor)

Ideal for people playing at the 3.0-3.5 skill level of the USTA's National Tennis Rating System

Learn how to perfect your ground stroke, forehand and backhand; develop advanced court strategies; and execute half-volleys. Drills and games will be faster-paced, and we'll use tennis-specific stretching and conditioning exercises to help you increase coordination, flexibility, balance and endurance.

Norwood Local Park

229050	18 & up	6 Classes	\$90	4/29	M	6:00- 7:00pm
229249	18 & up	6 Classes	\$90	5/1	W	Noon- 1:00pm
229250	18 & up	6 Classes	\$90	5/3	F	Noon- 1:00pm
229251	18 & up	6 Classes	\$90	5/5	Su	4:00- 5:00pm



OUTDOOR Tennis REGISTRATION DATES

Registration opens
FEBRUARY 14/15*
for all spring
outdoor lessons

*First registration
date listed above is for
Montgomery County
residents; second
date is open to all.

Advanced Tennis (Outdoor)

In Advanced Tennis, you'll learn new strategies to win points, games and matches against a variety of players, as well as positioning and shot placement. We'll work on closing points, match play situations analysis, and mental toughness training, too. By the end of this class, you should have a thorough understanding of tennis, including offensive and defensive shots.

• **Teen (age 13-17)** (Outdoor)**Norwood Local Park**

229099 12-17yrs 6 Classes \$90 5/4 Sa 2:00- 3:00pm

• **Adult (age 18 & up)** (Outdoor)

Prerequisite: Mastery of Intermediate level skills

Ideal for people playing at the 4.0 skill level of the USTA's National Tennis Rating System

Norwood Local Park

229252 18 & up 6 Classes \$90 5/1 W 11:00am- Noon

229150 18 & up 6 Classes \$90 5/3 F 11:00am- Noon

Cardio Tennis (Outdoor)

For players of all levels (beginner, intermediate, advanced). This is an aerobic activity which includes serves, volleys and overall tennis strategy.

Cabin John Regional Park

228699 18 & up 6 Classes \$90 4/30 Tu 7:00- 8:00pm

229871 18 & up 6 Classes \$90 5/2 Th 7:00- 8:00pm

228706 18 & up 6 Classes \$90 5/4 Sa 9:00-10:00am

Norwood Local Park

228700 18 & up 6 Classes \$90 4/29 M 10:00- 11:00am

228702 18 & up 6 Classes \$90 5/2 Th Noon- 1:00pm

228749 18 & up 6 Classes \$90 5/3 F 6:00- 7:00pm

228704 18 & up 6 Classes \$90 5/4 Sa 9:00- 10:00am

Olney Manor Recreational Park

229873 18 & up 6 Classes \$90 4/30 Tu 7:00- 8:00pm

229874 18 & up 6 Classes \$90 5/2 Th 7:00- 8:00pm

230802 18 & up 6 Classes \$90 5/4 Sa 9:00-10:00am

Wheaton Regional Park

228703 18 & up 6 Classes \$90 4/30 Tu 7:00- 8:00pm

229872 18 & up 6 Classes \$90 5/2 Th 7:00- 8:00pm

230805 18 & up 6 Classes \$90 5/4 Sa 9:00-10:00am

Stroke of the Day (Outdoor)

Learn and strengthen your different tennis strokes and strategies in these lively, challenging specialty courses. We'll demonstrate proper technique, then help you work on fundamentals of core strokes. The result? Better shots! Different classes cover different strokes, so sign up for all three to improve your game!

• **Groundstrokes****Cabin John Regional Park**

229867 18 & up 6 Classes \$90 4/29 M 7:00- 8:00pm

Olney Manor Recreational Park

229865 18 & up 6 Classes \$90 4/29 M 7:00- 8:00pm

Wheaton Regional Park

229869 18 & up 6 Classes \$90 4/29 M 7:00- 8:00pm

• **Serve and Return****Cabin John Regional Park**

229868 18 & up 6 Classes \$90 5/1 W 7:00- 8:00pm

Olney Manor Recreational Park

229866 18 & up 6 Classes \$90 5/1 W 7:00- 8:00pm

Wheaton Regional Park

229870 18 & up 6 Classes \$90 5/1 W 7:00- 8:00pm

• **Net Play****Cabin John Regional Park**

230800 18 & up 6 Classes \$90 5/4 Sa Noon- 1:00pm

Olney Manor Recreational Park

230801 18 & up 6 Classes \$90 5/4 Sa Noon- 1:00pm

Wheaton Regional Park

230808 18 & up 6 Classes \$90 5/4 Sa Noon- 1:00pm

CUSTOM TENNIS CLASSES

Do you have friends, family members, classmates, or a church or scout group looking for a fun and healthy group activity? Tennis is excellent cardiovascular exercise and promotes good hand-eye coordination, balance and strength. Call us and we'll work together to create a custom tennis class just for you.

FOR MORE INFORMATION, PLEASE CONTACT**Wheaton Indoor Tennis:**

Justin.Reid@MontgomeryParks.org (301-905-3030)

Pauline Betz Addie in Cabin John:

John.Metzger@MontgomeryParks.org (301-765-8650)

Gino.Tomasello@MontgomeryParks.org (301-765-8652)



Park Activity Buildings

PARK ACTIVITY BUILDINGS MAY BE USED FOR:

Celebrations | Meetings | Parties
Picnics | Receptions | Reunions | Social Events

Surrounded by parkland and popular park amenities, our Park Activity Buildings are the perfect place to host birthday parties, family or class reunions, smaller meetings or workshops, and other social or business functions.



Convenient Locations | Scenic Settings | Affordable Rates



Park Picnic Areas



PARK PICNIC AREAS MAY BE USED FOR:

Family Events | Parties | Picnics | Reunions

Our picnic areas are ideal for outdoor gatherings of all kinds. Multiple shelters are located in our regional and recreational parks, where there are a variety of amenities and activities for guests. Smaller shelters, with playgrounds nearby, are located in our local parks. Three group picnic areas with dedicated athletic fields, playgrounds, volleyball courts, and horseshoe pits, are available for larger, semi-private functions.

Check locations, availability and reserve online 24/7 at
ParkPermits.org or call 301-495-2525.



How to register for a **Montgomery Parks Course** or **Program**



BEFORE YOU REGISTER

- Visit www.ParkPASS.org to set up a ParkPASS account if you don't already have one. The ParkPASS online system is the easiest, quickest, most secure way to register for Montgomery Parks classes and program.
- Please allow up to two (2) business days for your new account to activate and receive the ParkPASS email with your new Login ID/Customer Number and Account PIN.
- With a ParkPASS account, you can view and sign up for courses and special programs, make payments, and view your course registration/s.
- Registration for Montgomery Parks classes is open to Montgomery County residents on the first day of any given registration period, then open to all the following day.

READY TO REGISTER?

- **Online:** Register 24 hours a day, seven days a week at www.ParkPASS.org, beginning at 12:01 a.m. the first day of registration. Have your Login ID/Customer Number and Account PIN on hand.
- **In person:** Complete the "PARKS" section of the registration form in this Guide, take it to any ParkPASS facility, and we'll help you get registered. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations.
- **By phone:** Call the ParkPASS automated phone registration system at 301-670-6858, and follow the prompts. Phone registration is available 24 hours a day, beginning at 12:01 a.m. the first day of registration. Have your ParkPASS Login ID/Customer Number, Account PIN for each person you wish to register, and ParkPASS course numbers on hand. Phone registration is not available for all programs.
- **By mail:** Complete the green "PARKS" section of the registration form in this Guide, and mail it with payment to the facility hosting the course you'd like to take. Please note: Mail is the least reliable method of registration—it does not guarantee a spot in the course you want. Call the hosting facility or ParkPASS Help Desk to check availability before mailing your form.

QUESTIONS?

- If you have a question about a specific course or program, please call the facility offering the course. See the "Montgomery Parks Directory" in this Guide for ParkPASS locations. If you have a question about the ParkPASS system or your account, call the Help Desk at 301-495-2580 (M-F, 10am-2pm), or email MCP-ParkPASSHelp@MontgomeryParks.org.

REGISTRATION CONFIRMATION

- If you register online, it's a good idea to print out your ParkPASS registration confirmation. It often contains important details about your course not found elsewhere (e.g. directions to off-site programs, equipment lists, etc.). No confirmation letters are mailed. You may also call the facility hosting your course to confirm your registration. See the "Montgomery Parks Directory" in this Guide for facility info.

PAYMENT INFORMATION

- Full payment must be made at time of registration.
- VISA or MasterCard is accepted in person at ParkPASS facilities, by phone (301-670-6858), or online at ParkPASS.org.
- Make checks and money orders payable to M-NCPPC. Checks and money orders must include name, address, home and work phone numbers, driver's license number, and participant's full name. A \$35 fee will be charged for all returned checks.
- A fee reduction program is available for eligible Montgomery County residents. Please visit www.ParkPASS.org for the application form and more information.
- Remember, you can stop by any Montgomery Parks ParkPASS facility to register and pay for courses in person. Any funds paid to your ParkPASS account will be available to use the next time you call or log on to ParkPASS to register.
- Be assured that your account information is secure. Montgomery Parks uses the latest payment security methods. Collection and retention of customer information is confidential. We do not sell, share, give, transfer or rent personal information to third parties.

MONTGOMERY PARKS REFUND POLICY

- If Montgomery Parks cancels a course, you will be notified and receive a full credit on your ParkPASS account; or, at your request, a full refund.
- In order to withdraw from a Montgomery Parks course, submit a written (letter or email) request to the facility hosting the course. If your written request is received at least **five** business days before the course begins, you may choose to receive a full credit for the course on your ParkPASS account, or a refund less a 20% administrative fee. For courses with fees of less than \$10, you will receive a credit on your ParkPASS account; no refunds will be given.
- If your written withdrawal request is received less than five days before the start of a course, no refund or credit will be given for that course. No credit or refund is issued after the second class in a series has met.
- No refunds or credits will be issued for classes missed by the participant. No refund requests will be considered after the last scheduled date of a course.
- All refunds will be issued to the payer in the same form (check or charge) as the payment that was received. Please allow 3-4 weeks to receive a check refund. Credit card refunds can take from 5-7 days to appear on your account, depending on your bank/credit card company.
- Some activities have different refund/withdrawal policies which may supersede this standard policy.

REGISTRATION INFORMATION

MONTGOMERY COUNTY RECREATION

FOUR WAYS TO REGISTER



RECWEB Online registration at recweb.montgomerycountymd.gov.



FAX 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



MAIL OR DROP OFF



FULL SERVICE IN PERSON

Montgomery County Recreation
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099
Phone: 240-777-6840
Monday-Friday, 8:30am-4:30pm

PAYMENT INFORMATION

Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program.

Non-county residents must pay an additional \$15.00 per participant per activity.

Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name. VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

The next opportunity to apply for financial assistance is May/June, 2013; however, it will not be available to use until July 1, 2013. Financial assistance will then be available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance.

The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

WITHDRAWAL AND REFUND GUIDELINES

The withdrawal and refund policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement.

Withdrawal Request Received:	Submit a <u>Written</u> Request:	Withdrawal Fee Charged:
Eight (8) days or more before the start date of the program...	Mail: MCR, Attention Refund Request 4010 Randolph Road, Silver Spring, MD 20902 Fax: 240-777-6818 E-mail: rec.refund@montgomerycountymd.gov Online: recweb.montgomerycountymd.gov	No Fee
Seven (7) days or less before the start date of the program...	By mail, fax, or e-mail. Online withdrawal not available	\$20 Fee per program
On or after the start date of program...	By mail, fax, or e-mail. Online withdrawal not available.	\$20 Fee per the program plus a prorated charge for the number of classes that have met.
After the last scheduled date of the program...	No requests will be considered.	No Refund

If the Department cancels a program, changes a location or time and you cannot attend, or the program is full, you will receive a full credit to your Recreation Department account or a refund. Your written request must include the participant's name, payer's name, address, phone number, course number, and reason for withdrawal. All credits will be posted to your Recreation Department account unless a refund is specifically requested. All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Cancellation Policy: Montgomery County Recreation (MCR) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP FM 103.5 and AM 820 and WMAL AM 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.



RECREATION REGISTRATION FORM

MAIN CONTACT (18 YEARS +)

Last Name _____ First Name _____
 Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____
 Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact)

Last Name _____ First Name _____ ☐ Please check if this
 Home Phone _____ Email _____ is a new address/
 Street Address _____ City _____ State _____ ZIP _____ phone/email.

PARTICIPANT'S NAME (Last, First)

Birth Date
(mm/dd/yyyy)

Gender
(M/F)

Title

CLASS/ACTIVITY

Number

Location

Fee

☐ Check or Money Order (payable to MCRD)

☐ VISA ☐ MasterCard

Non-County Residents include an additional \$15 per participant, per activity.

Cardholder Name (print) _____ Number _____ Exp. _____

Program Fee Total

Signature _____ Date _____

Mail to: MCRD, attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902 FAX to: (240) 777-6818 (Credit Card Payment Only) Online: recweb.montgomerycountymd.gov
 For registration assistance, please call (240) 777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way the County desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of the County. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____



PARKS REGISTRATION FORM

MAIN CONTACT

Last Name _____ First Name _____
 Birth Date (mm/dd/yyyy) _____ Gender _____ Email _____
 Street Address _____ City _____ State _____ ZIP _____
 Home Phone _____ Work Phone _____ Cell Phone _____

PAYER INFORMATION (If different than Main Contact; no third-party payments or credit cards, please)

Last Name _____ First Name _____ ☐ Please check if this
 Home Phone _____ Email _____ is a new address/
 Street Address _____ City _____ State _____ ZIP _____ phone/email.

PARTICIPANT'S NAME (Last, First)

Birth Date
(mm/dd/yyyy)

Gender
(M/F)

Title

CLASS/ACTIVITY

Number

Location

Fee

Program Fee Total

Save time and money! Register online at ParkPASS.org. To register for a Parks class using this form, fill in the Parks section completely, make your check or money order payable to M-NCPPC, and mail or bring both to the ParkPASS facility offering the course(s) you'd like to take. See the Parks Directory in this Guide for facility locations, or visit www.MontgomeryParks.org for more information. For help with Parks courses or registration, call us at (301) 495-2580 M-F, 10am-2pm.

The participant assumes all risks associated with participation in the program; Montgomery Parks/M-NCPPC assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, Montgomery Parks/M-NCPPC encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to Montgomery Parks/M-NCPPC's use of the participant's image and likeness as shown in any photographs, videotapes, motion picture film, or electronic images and any audio recordings made of the participant's voice in whatever way Montgomery Parks/M-NCPPC desires, including television print and Internet websites. Furthermore, the participant consents that such photographs, films, recordings, electronic images shall be the sole property of Montgomery Parks/M-NCPPC. If the participant is a minor, the parent of guardian approves his or her participation in the program. Neither the instructor nor any staff are responsible for children prior to or after scheduled program.

Participant or Parent/Guardian Signature _____ Date _____



Montgomery County
Department of Recreation
4010 Randolph Road
Silver Spring, MD 20902

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Rockville, MD
Permit No.138

or current resident



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